Making a comeback

Vinyl sales, interest on the rise in some areas. Page 4

In this November photo, Alex Rowe, 17, of Lincolnwood, picks through vinyl record albums at Half Priced Books in Niles.

LIVING

I resolve ... really

Life coach Laverne McKinnon offers tips on making your New Year's resolutions really work. Inside

Winter movies preview

A look at interesting upcoming movies. Page 18

OPINION

Columnist saw fake news coming

With many instances of fake news circulating online, Randy Blaser urges consumers to evaluate the stories that fall into their laps and check, double check and verify information. Page 14

SPORTS

Special teams

Division III coaches make a case for small-school football. Page 34
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Andi Belson of Skokie is a mother of nine. She was with her family at the Menorah Lighting Dec. 28 at Krier Plaza in downtown Skokie.

Q: What do you hope for 2017?
A: My New Year's resolution would be: I just hope to be more grateful with my family and to be a little bit more grateful to myself. To show some grace for myself. To be OK with myself and be OK with my kids and my husband. Gratitude is good all the way around.

Q: What's it like to be outnumbered with nine kids?
A: We were outnumbered at three! I think one was hard because it changed everything. And two, we were like, 'how do we manage?' At three, we thought, we were so outnumbered. And then we thought, 'we could do this! Everything was so wonderful at that point.

Q: For Hanukkah, candles are lit. What is the power of light?
A: If you look at the menorah, it actually has tonight more light than dark I think this is sort of a metaphor of everything we have right now, this is our opportunity for us to shed more light. Hanukkah comes right now at the darkest time of the year. The shortest time of the year, the sun goes down in the afternoon. Right now, this is our opportunity to bring light, happiness and joy.

Q: What do you want to say to your neighbors as you enter a New Year?
A: I am so grateful that I live in Skokie. I'm in a kind town and I have kind neighbors and I see great people every day. I am inspired all of the time. It makes me (and my kids) want to be good people.

— Karie Angell Luc, Pioneer Press
Vinyl records likely on a comeback

Some sales, interest rise

BY DENYS BUCKSTEN
Pioneer Press

In a booming era of technological advances, there remains something special and uniquely appealing about vinyl records.

What audiophiles describe as a truer sound, as well as other sensory qualities of the record-buying experience, has attracted a generation of young buyers, as well as older collectors who've dusted off the turntable in the attic and are adding to their record collections.

David Quigley, owner of Saturday Records in Evanston, said digital lacks the highs and lows and "depth" of a vinyl recording. Quigley, 60, said he gained an early appreciation of vinyl from his father, a radio station sound engineer in Milwaukee.

"It's more of a three-dimensional sound on vinyl," Quigley said. "And classical audiophiles won't buy digital. If it was made 1980 or later they won't even look at it. Before 1979, and before, they'll like it."

Quigley and Saturday Records aren't alone in the area when it comes to vinyl. Also in Evanston are independent sellers Vintage Vinyl, Squeezebox Books & Music and Barnes & Noble, which buys new stock. This concentration of record stores has made "Evanston a destination," he said.

In Niles, Half Price Books has a healthy and growing used vinyl section up front, near the cash registers. Scott Tipping, for sale on a recent Saturday were by Elvis, The Beatles, The Doors, Jimi Hendrix, Bob Marley, Miles Davis and Johnny Cash.

Laurey Anicka, district manager of the national chain's nine Chicago-area stores, said the majority of their stores have grown their vinyl record displays.

"Part of the reason I opened a new store is that sales of vinyl records have gone up 30 percent, three years in a row," said Quigley, who said he has close to 6,000 individual used records at his shop, with no duplicates. The average cost of a used LP at Saturday Records is $10.

Quigley said many of his younger buyers come in for "Foreigner and The Eagles, Pink Floyd, Rolling Stones and all the big '70s superstar groups. They're superstars again."

"That's some of the passion the millennials are getting now," Quigley said. "They just hadn't heard (a favorite artist or group) sound that good before hearing it on vinyl. With an analog recording (on vinyl), you feel like you're in the same room with the music. People say it doesn't matter, but yeah, it does."

Quigley said, "Anything can be lost in digital. There's a duet (on vinyl) between Duke Ellington and a baritone player. And all Duke is doing on the record is snapping his fingers. But on digital, you can't hear the snapping."

The playing speed of an LP record can also matter.

"The 78s don't have highs and lows, like the 33s, but the mid-range on a 78 is golden," Quigley said.

Quigley prepares used records for resale with a commercial grade record-cleaning machine that vacuums out "mud," dust and moisture from the bottom of the grooves, and a record flattener, which can fix warped records.

Evanston resident John Noyes said he had records for LP records "Is a way to define ourselves. For a younger person, it's finding great stuff like The Beatles, Hendrix and Miles Davis. Younger women are also starting to get into it."

Chicago-area musician Scott Tipping tours with Corrmeal and other jam bands, and takes along a turntable and LPs on the road.

"I grew up in a house with not much TV. Instead, we spun records and my dad, a part-time guitar player, helped me really develop my ear. My parents always had a turntable and I always had one," Tipping said.

"Depending on what's been done to it, music on CD can sound good, but with vinyl, it's like taking the Saran Wrap off a piece of music to hear the real sound. My wife, Emily, collects a lot of vinyl. We really like to listen to music together," he added.

Northern Cook County public libraries no longer carry vinyl records, but Northbrook Public Library has a section of newer LPs, and regional borrowers can check out the records using North Suburban Library System privileges.

Reva Auerbach, manager of Northbrook's multimedia department, said about 10-15 LPs are checked out each month. She said in October many of the LP records that had been sitting too long were weeded out.

"But we're also still buying new vinyl," she added, as the library tracks the resurgence of vinyl records.
Evanston recognizes start of Kwanzaa with celebration

BY KARIE ANGELL LUC
Pioneer Press

Dozens of people showed up Dec. 26 to Fountain Square in downtown Evanston for the community Kwanzaa celebration.

"Anything that is uplifting and giving people hope and purpose, that's a great thing and 100 percent wonderful," said Tim Rhoze, artistic director of the Fleetwood-Jourdain Theatre, who attended the event.

Kwanzaa, a weeklong celebration of West African and African-American principles related to community and family, was started in 1966 by activist Maulana Karenga.

"It's good to celebrate your culture and where you come from," said Aliyah Lockett, 15, of Skokie.

The Evanston Township High School sophomore attended the celebration with her siblings, Minah, 7, and Kya, 3, and their parents, Dani and Steve Lockett.

"This is our family's first year to really celebrate Kwanzaa and we've been, over the last several years, trying to get our daughters more knowledgeable about their ancestry," Dani Lockett said.

Dec. 26 was the first day of Kwanzaa, and during the program at Evanston, one candle on the special candelabra called a kinera was lit.

The first day of Kwanzaa recognized "Umoja," a Swahili term for unity, according to Karenga's Kwanzaa website.

Each day a new principle is recognized using Swahili words, including "Kujichagulia" or self-determination; "Ujima," a Swahili term for collective work and responsibility; "Ujamaa," which means cooperative economics; "Nia," a term meaning purpose; "Kuumba," which describes collective creativity; and "Imani," a term that means faith, the website details.

Black, red and green candles used on the kinera represent each of the principles.

"The principles of Kwanzaa are important," said the Rev. Kenneth Cherry, recreation center manager for the city of Evanston and of the Fleetwood-Jourdain Community Center. "Unity, empowerment, self-determination, it's all about the principles and educating our community, and also about the unity of the city of Evanston."

Kwanzaa is observed through Jan. 1.

Karie Angell Luc is a freelance reporter for Pioneer Press.
Teacher bonuses wasteful, critics say

School districts try to reward performance beyond base salaries

BY DIANE RADO
Chicago Tribune

In Lake County's Community High School District 128, teachers on average earn $130,000 and administrators $146,000 — but that doesn't include annual bonuses.

The affluent district paid more than $500,000 in bonus checks this month, mostly to teachers and administrators rewarded for high student achievement, but to all other employees as well, with limited exceptions.

The bonuses — described in district records as "performance recognition" — also went to custodians, security staff, technicians, librarians, cafeteria workers, and school finance staff, among others. Everyone met the same academic criteria to qualify and everyone got checks worth 1.5 percent of base salary. The average bonus was about $1,300, and several dozen teachers and administrators got more than $1,800.

It's become more common for school districts both in Illinois and around the country to experiment with ways to link compensation and student achievement.

Whether they're called bonuses, incentives, rewards or merit pay, the programs — pushed in part by funding from the Obama administration — have spawned both support and rancor, according to educators, researchers, union officials and taxpayers.

The District 128 bonuses are unusual in that they include virtually all staff members, not just teachers and administrators.

"From a compensation philosophy standpoint, it's a team sport," said District 128 school board President Pat Groody. "We believe everyone matters, and that goes all the way to people working in our facilities to our best teachers. We really wanted to get people focused on the concept that performance matters." Longtime school watchdog Timothy Anderson questioned the criteria used in District 128 to award the bonuses. Why did so many people who are not licensed educators receive them and are they necessary given the already high student achievement in the district's two high schools in Libertyville and Vernon Hills?

"They're giving a Christmas bonus to everybody. That is fine if you're doing it in a privately owned company but not with taxpayers' money," Anderson said. He referred to the bonuses as Christmas-related because the checks were sent in December, but the district said the bonuses are not connected to the holidays.

Much of the debate over bonuses swirled around what has long been the status quo in teacher compensation: raises for experience and adding education credentials, such as a master's degree.

That approach goes back decades — a way to standardize pay for educators and fix inequities in teacher pay based on race, gender, nepotism and other factors, said Matthew Springer, an assistant professor of public policy and education at Vanderbilt University who has researched performance-based pay for educators.

That traditional system results in the same type of raises for teachers, regardless of their effectiveness, Springer said. "It is ingrained, it is broad, but we don't know how to fix it yet." Bonus and incentive programs in other states have produced varied results, some short-lived, Springer said. "They are so controversial that they are likely to come under some type of scrutiny," he said.

The Tribune previously wrote about bonuses given to teachers and administrators who have already retired — payouts that come after a series of salary increases and distributed when the educator is out the door. The practice prompted a state lawmaker to file legislation to ban such post-retirement bonuses that cost taxpayers thousands of dollars.

New statewide salary data from the Illinois State Board of Education shows that 144 school districts in 2015-16 provided bonuses, usually in addition to regular salary increases, to teachers or administrators or both. That represents nearly 20 percent of the state's public school districts.

About 3,100 employees got the bonuses, adding up to about $5.5 million, with the average bonus at about $1,800, according to the data. The state's data include only licensed educators, including teachers, administrators and other licensed professionals in schools, such as social workers and school counselors.

So not all bonuses would show up in the data for places such as District 128, which gave bonuses to non-licensed employees as well.

Teachers in regular public schools in the Chicago Public Schools system do not get performance bonuses, although the Chicago Teachers Union has fought against merit pay.

However, in 2015-16, close to 100 educators got bonuses in several charter schools in Chicago — public schools that are privately run.

At Horizon Science Academy-McKinley Park charter school, Principal Tariq Cengiz said bonuses are paid to teachers for a variety of reasons, including when students show growth on critical tests or do well in competitions such as science fairs.

"It motivates the teachers; they want to earn that bonus. They put in more effort. And I believe it helps the kids," Cengiz said. In 2015-16, 43 educators at the charter got bonuses adding up to $11,000. The average bonus was $2,637.

Algonquin-based Community Unit School District 300 focused on bonuses for administrators rather than rank-and-file teachers, spending about $143,000 in 2015-16 for nearly 100 employees, including principals, assistant principals, deans and other administrators. The average bonus was $1,920.

Spokesman Anthony McGinn said, "District 300 provides performance-related bonuses to all administrators as part of our compensation package. The bonuses are based upon an administrator's performance in relation to their annual evaluation and established goals."

Likewise, McHenry County's Community High School District 155 also provides administrator bonuses based on evaluations and goals, district officials said. The district spent about $205,000 in 2015-16 for 52 administrators, with the average bonus at about $4,000, state data show.

Lincolnshire-Prairie View School District 103 in Lake County launched a program for teacher performance bonuses that went from 2015-16 through 2015-16, using district evaluations of teachers to calculate bonuses, said Dan Stanley, the district's assistant superintendent for business. Teachers getting higher ratings on those evaluations would get larger bonuses, he said.

For 2015-16, the district spent about $111,500 on the bonuses, averaging about $885 per teacher.

Elsewhere, districts had other reasons for providing bonuses.

Downstate Pekin Public Schools District 108 gives bonuses to teachers who use only a minimal number of sick days or attain perfect attendance. Caty Campbell, the payroll and accounting coordinator, said the program was implemented to cut growing costs for substitute teachers. "This is a way to incentivize people to come to work," she said.

The sick day bonuses in 2015-16 ranged from $75 to $250 for about 100 Pekin District 108 employees, totaling $12,800, according to state data.

In southern Illinois, the financially struggling East St. Louis School District 189 gave nearly $1 million in bonuses in 2015-16 for 334 employees, mostly teachers getting $3,000 each, according to state data. A district spokeswoman, Sydnee Stigger-Kaufman, said the bonuses were one-time stipends in lieu of regular salary increases and were provided as part of a union contract settlement.

The one-time bonuses are not embedded in district salary plans that compound over the years.

"In the long term, it benefits the district," said Jeffrey Schubert, director of finance and operations in Carlinville School District 26 in McHenry County. There, the district broke out the salary increase for teachers by including a regular salary increase, and then a one-time bonus, according to Schubert. The bonuses for 123 teachers in 2015-16 added up to about $34,000, according to data, with an average bonus of $271.

In Vernon Hills-based high school District 128, it was the school board's idea to do performance-related bonuses for teachers and staff, said Groody, the board president. The board and the teacher's union worked on the criteria for the bonuses as part of negotiations for the 2013-18 union contract.

"Any kind of payment of an incentive was controversial," Groody recalled. "I remember very specifically when we were negotiating, the fundamental concept that some element of compensation would be at risk was a breakthrough thought.

The district kept the traditional salary schedules that give pay increases for experience and educational attainment.

But it added a performance recognition bonus for meeting specific districtwide academic criteria related to statewide and college entrance exams; the percent of students who take college-level Advanced Placement exams and the percent who pass them; and the percent of students participating in extracurricular activities.

Meeting the criteria in a specific number of areas would mean teachers could get bonuses of at least 1 or 1.5 percent of their base salaries. The program was expanded to employees who were not licensed educators. That meant virtually all employees in varied jobs could get the bonuses, with limited exceptions. Those not eligible for bonuses included staffers in their first year of employment and employees getting specific end-of-career raises as they head into retirement.

About 420 teachers, administrators and other staff across the district got the bonuses in 2015 and 2016.
Village approves liquor distributor's requests

Lincolnwood store granted special use permit for sale

By Natalie Hayes
Pioneer Press

An e-commerce startup that sells specialty liquor through a direct-to-consumer delivery service plans to set up its headquarters in Lincolnwood after the owner's proposal received support recently from the Village Board.

Entrepreneur Michael Weiss is launching Big Fish, a mobile app that will allow customers to order some kinds of liquor and have it shipped to their front door.

He appeared at the Dec. 20 Village Board meeting seeking the necessary approvals for a liquor license and a zoning variation, which he needs to start operating his business.

The entire business model for Big Fish is conducted electronically, Weiss said.

When a customer places an order via the app, it will be filled from the stock of distilled spirits housed in a warehouse in the 6400 block of North Ridgeway Avenue and shipped to the client, he explained.

Following the board's unanimous approval of a liquor license, special use permit and parking variances for the property, Weiss said he plans to launch his app in mid-January.

Lincolnwood will be home to his first distribution center, and Weiss said he plans to eventually grow the business and expand to other states.

Because the number of Class B retail liquor licenses made available to Lincolnwood businesses has already reached its limit of six, trustees had to amend the village code to add an additional license in that category specifically for Big Fish.

"The village caps the number of Class B liquor licenses, which are the types of liquor licenses associated with liquor stores," said Steve McNellis, director of community development.

The other businesses in town that hold Class B liquor licenses are two CVS stores, and Armanetti Wines and Spirits, Walgreen's, Miska's Keystone Liquors and Binny's, according to village data.

In a separate approval, trustees granted Weiss an exception to the minimum required off-street parking requirements. His business as mandated by the zoning code for the manufacturing and business-zoned district where Weiss will be allowed is opening his business, allowing him to have 10 parking spaces instead of the required 12.

Weiss is leasing the warehouse-style building for office space and the distribution center, he said.

Natalie Hayes is a freelancer.

Village seeks residents' input on stormwater flooding experiences

By Genevieve Bookwalter
Pioneer Press

Niles residents are encouraged to share their issues and experiences with stormwater flooding as the city considers its next round of stormwater drainage improvement projects.

"We want to make sure we didn't miss anything the last time around," said Tom Powers, Niles village engineer.

The request for input comes as Niles finishes up the Cleveland Corridor Improvement Project, which added about 11,200 feet of new stormwater sewer to the village system in a neighborhood where more than 140 homes have been affected by flood damage, according to the village website.

Specifically, the Cleveland Corridor project includes a new 72-inch main line along Cleveland and Monroe streets, and branches out to Keeney and Monroe streets and Octavia, Odell and Oketo avenues, according to the website. The main sewer line will empty into the North Branch of the Chicago River, east of Caldwell Avenue.

That $9 million project was paid for in part by the Illinois Clean Water State Revolving Fund and the Metropolitan Water Reclamation District of Greater Chicago, according to the website.

Niles officials said they are planning for the next major projects and want new resident opinions, on top of the data and reports gathered after major rains.

The survey is available on the Niles website at www.nilesil.org.

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The following items are from local police department reports.
Readers are reminded that an arrest does not constitute a finding of guilt; only a court of law can make that determination.

Niles

OUTSTANDING WARRANT ARREST
Christopher Stachon-Groblo-wry, 22, of the 8100 block of Harlem Avenue, was picked up on an outstanding warrant out of Des Plaines on Dec. 16. Des Plaines police had contacted Niles police to serve the warrant "for failure to appear" in court and picked up Stachon-Groblo-wry at his residence, police said.

THEFT
Sehila S. Walters, 19, of the 1400 block of North Keating Avenue, Chicago, was charged Dec. 13 with theft from her place of business. The thefts occurred on two separate dates and totaled $340, police said.

Morton Grove

DUI
Emil Simmons, 42, of the 8500 block of South Wabash Avenue, Chicago, was charged Dec. 22 with driving under the influence of alcohol on the Dempster Street and Central Avenue. Police said Simmons allegedly failed sobriety tests. Simmons is scheduled to appear in court Feb. 7.

OUTSTANDING WARRANT ARREST
Ahmed H. Al Abrashee, 26, of the 6500 block of Addison Street, Chicago, was charged Dec. 23 with driving under the influence of alcohol in the 5900 block of Oakton Street. Police said Abrashee allegedly failed sobriety tests. Abrashee is scheduled to appear in court Feb. 7.

THEFT
Georgette P. Simpson, 34, of the 10000 block of Parkside Avenue, Chicago Ridge, was charged Dec. 25 with driving under the influence of alcohol in the 5800 block of Shermer Road. Simpson is scheduled to appear in court Feb. 7.

Israel Romero-Flores, 28, of the 3600 block of West Belle Plaine Avenue, Chicago, was charged Dec. 24 with driving under the influence of alcohol on the Dempster and School streets. Police stopped Romero-Flores for a traffic violation and, police said, he allegedly failed sobriety tests. Romero-Flores is scheduled to appear in court Feb. 7.

HARASSMENT
Tarun R. Goyal, 39, of the 8300 block of Parkside Avenue, Morton Grove, was charged Dec. 19 with harassment and resisting a police officer. Goyal is scheduled to appear in court Jan. 4.

THEFT
Edyta Kikosicka, 43, of the 4000 block of Belmont, Chicago, and Sandra Kikosicka, 23, of the same address, were charged Dec. 17 with theft in the 7200 block of Dempster Street. Police said they left the store with a cart full of items without paying for the merchandise. Both Edyta Kikosicka and Sandra Kikosicka are each scheduled to appear in court Jan. 9.

Authorities: Mother, son died of natural causes in Morton Grove home

BY GENEVIEVÉ BOOKWALTER
Pioneer Press

Morton Grove police are investigating after a mother and son were found dead in a home in the 8900 block of Meade Avenue Dec. 28 afternoon, officials said.

Police responded to the residence for a well-being check after receiving a call around noon that mail had been gathering in front of the home and the residents hadn't been seen for some time, said Investigations Commander Paul Yaras with Morton Grove police.

Officers checked the outside of the home and tried to reach the people inside. They eventually entered the home and found the mother, 94, and son, 62, dead in beds in separate bedrooms, Yaras said.

The Cook County medical examiner's office classified both of their deaths as natural causes, following an autopsy done Dec. 29.

The son died about Nov. 16, Yaras said, and the mother likely died a few days later.

No signs of criminal or gang activity were found, police said. And police said they do not consider the deaths a sign of a greater threat to the community.

No names have been released pending notification of next of kin, Yaras said, adding that relatives have been difficult to track down.

Rosemary Regina Sobol contributed to this report.
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What's in store for Chicago transit

Higher Metra fares, completed Jane Addams, new laws on tap for '17

MARY WISNIEWSKI
Getting Around

The year 2017 will see some changes in getting around the Chicago area by road and rail — higher Metra fares along with renovations that can cut delays, a completed Jane Addams Tollway but continued work on several highway interchanges and intersections like Western and Belmont avenues; and new laws intended to improve road safety.

Public transit

Metra is increasing fares Feb. 1.

Fares for its 150,000 daily commuters will increase by an average of 5.8 percent.

Metra Union Pacific North riders this spring will see the next phase of a project to replace bridges on Chicago's North Side, from Grace Street to Balmoral Avenue.

As part of this two-year $30 million project, the new inbound half of the Ravenswood station will be built, spokeswoman Tammy Chase said.

The $203 million Wilson Avenue station and track reconstruction should be done by the end of next year, agency officials said.

Work should be completed in the middle of the year on the $75 million Washington/Wabash station.

Work will continue on the $270 million 95th Street Red Line terminal, set for completion in 2018, the agency said.

The CTA also has a number of projects and goals for 2017, spokeswoman Tammy Chase said.

The CTA also plans to issue a request for proposals to buy 20 to 30 all-electric buses.

On the Tollway

Some good news for 2017 is that the long, painful rebuilding of the Jane Adams Tollway wrapped up at the end of December.

Work should be completed next year on an eastbound exit ramp at I-90 and Barrington Road, and construction will continue on the Elmhurst Road interchange. The Illinois Tollway also has partnered with Cook County for a westbound I-90 entrance ramp at Roselle Road.

Work continues on installing “smart road” features on a 16-mile segment of I-290 between Barrington and the Kennedy Expressway.

On other parts of the Tollway system, the authority plans to continue I-290's march east, with the goal of reaching Route 83 by the end of the year. This is part of the Tollway's plan to provide western access to O'Hare International Airport, said Greg Bedalov, the Illinois Tollway's executive director. The work will include 17 ramps and 15 bridges, with new interchanges at Prospect Avenue/Arlington Heights Road and Wood Dale Road.

The extension will not go as far as this year for the Canadian Pacific tracks to the west of the airport. The railroad refused the Tollway access over the tracks, and the Tollway responded in November by suing CP before the U.S. Surface Transportation Board.

IDOT and CDOT

On Illinois freeways, the rebuilding of the outbound I-55 and Lake Shore Drive interchange should be done by this summer, and the inbound will be done by the fall, said Illinois Department of Transportation spokeswoman Gianna Urgo.

The project costs $134 million.

Work will proceed on the Cumberland flyover at I-90; on I-90 from Cumberland Avenue to Harlem Avenue; and on the Jane Byrne Interchange project, including I-290 from Racine Avenue to the old main post office, Urgo said.

In DuPage County, work on Irving Park Road at York Road should be complete next year, Urgo said. In Lake County, work on the Milburn bypass at U.S. Highway 45 and on the Union Pacific railroad bridge over Route 132 in Gurnee will start this spring.

In Will County, work on the U.S. Highway 6 and I-55 interchange will finish up in 2017, while reconstruction of U.S. Highway 6 from Cedar Road to Will-Cook Road starts in the fall.

In Chicago, the $25.6 million Adams Street Bridge rebuilding, which has clogged traffic going in and out of downtown, is expected to be done by the spring, as should the $23.5 million reconfiguration of the Elston, Fullerton and Damen intersection, according to Mike Claffey, spokesman for the Chicago Department of Transportation.

The tricky $25.7 million reconfiguration of the Western/Belmont/Clybourn intersection will take a little longer and should wrap up by mid-2017, Claffey said.

As some projects end, others begin. Reconstruction of the Oakwood Boulevard (39th Street) bridge over Metra and Canadian National railroad tracks is expected to start in mid-2017.

Construction also will start next summer on the Riverview Bridge along the east side of the river under Addison Avenue, then crossing over to the west side of the river. It will provide bike and pedestrian access between Clark Park to the south and California Park to the north.

Work also begins on the Irving Park Road Bridge, which will include a pedestrian/bike underpass on the west side of the river, connect-

New laws

The new year also brings in new transportation laws. One law that takes effect Jan. 1 more clearly defines bicycles as vehicles with the same right-of-way privileges and rights as motor vehicles.

Another law requires driver's education teachers to tell student drivers how to handle themselves during a traffic stop by police.

Failure to stop at a railroad crossing will cost you more. The fine will go up to $500 from $250 for a first violation and to $1,000 from $500 for a second violation.

Jeffrey Kroll, an attorney who specializes in transportation-related injuries, said he hopes the higher railroad crossing fines will deter people. But when he does see distracted driving as the biggest problem on the roads and wants higher fines for that too. The top fine for using a handheld mobile device while driving in Illinois is $150, which he called “nominal.”

Finally, look for the city of Chicago to present a long-awaited, three-year “Vision Zero” plan to improve safety, following a tough year for bike and pedestrian fatalities.

Vision Zero is an international road safety project that aims for zero deaths and serious injuries from traffic crashes. Ten city departments are involved in the city's plan, including police, fire and the CTA.

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Divvy nears milestone

Bike-sharing program just shy of 10 million rides

BY LEONOR VIVANCO
Chicago Tribune

Since launching in Chicago in 2013, Divvy has provided nearly 10 million rides and this year broke its record for most rides on a single day.

This year through the end of November, more than 3.5 million trips were taken through the bike-sharing program, a 14 percent increase in trips over the same time period last year. The system is about 10,000 rides shy of hitting the 10 million mark since it entered the market 3 1/2 years ago. Divvy plans to give a free annual membership to the rider who hits that milestone, as well as three gift memberships to share with family and friends.

Divvy completed its latest expansion over the summer to the South and West sides, counting more than 580 stations and more than 5,800 sky blue bikes available in the city, Evanston and Oak Park. The company does not plan to expand next year into other suburbs or beyond the current service area, according to Divvy general manager Elliot Greenberger.

There are no plans to change prices for passes and memberships. Earlier this year, Divvy increased the cost of the annual membership to $99 from $75. Currently, there are 33,600 annual members, Greenberger said.

"Reaching 10 million trips in just three-and-a-half years is a testament to the growing popularity of biking in Chicago," Transportation Commissioner Rebekah Scheinfeld said in a city news release issued Dec. 29. The Chicago Department of Transportation owns Divvy, a bike-share company operated by Motivate.

"We hope that crossing this threshold will inspire more people to take advantage of Divvy for getting around Chicago, whether it's as annual members or using convenient daily passes."

The busiest day so far for the program was July 16, a Saturday, when there were 24,998 Divvy trips taken in the midst of summer street festivals, a Cubs game, Pitchfork Music Festival and a promotion offering free rides, Greenberger said. The number of rides that day surpassed the previous record, set last year on the Fourth of July.

The day of the fewest trips this year was Dec. 25, with 364 trips taken.

Divvy would be the third bike-share system in the U.S. to hit that 10-million-trip milestone, behind Capital Bikeshare in Washington, D.C., which launched in 2010, and Citi Bike in New York City, which launched a month before Divvy, the news release said.

Topping the most popular Divvy destinations this year in Chicago was Navy Pier, where a nearby station is near Grand Avenue and Streeter Drive. Rounding out the top five were stations near Grant Park at Lake Shore Drive and Monroe Street, Theater on the Lakefront, North Avenue Beach and Ogilvie Transportation Center.

Visiting from Reno, Nev., Roman Satroplus, left, and Anita Khoshaba, return Divvy rental bikes at the station at Michigan Avenue and Oak Street in Chicago on Dec. 29.
Northbrook man to be on ‘Jeopardy!’ Jan. 9

TV quiz show episode was filmed in September

BY IRY LEAVITT
Pioneer Press

Kathy Paleczny has two photos on her family Christmas card: one of her and her husband, Mike, at the fourth game of the 2016 World Series, and one of her son, Jack, with Alex Trebek.

The two pictures belong together. Just as many Cubs fans have been waiting a lifetime to see their team in the World Series, Jack, 27, has had the “Jeopardy!” bug most of his life, since he was a 7-year-old growing up in Northbrook.

He finally got to play the TV trivia game hosted by Trebek in September, and you can see him do it Jan. 9.

“From when I was in 1st grade, the first thing I would do when I came home was watch that show,” Jack Paleczny said. “It came on at 3:30, and we got out at 3:15.”

Once I got to Northbrook Junior High, it was a real bummer. We got out too late.

Luckily, his mother said, there were video cassette recorders.

Kathy Paleczny hasn’t mailed the Christmas cards. That might be because she’s free to describe what happened with the Cubs, but not as much about what happened with her son until after the Jan. 9 broadcast.

The Paleczny family is sticking to the 52-year-old show’s confidentiality agreement, but when Jack Paleczny was asked if the show was going to help him pay for his education at the Kent College of Law, he said it will.

“I’m proud of my performance,” said Paleczny, now a resident of Chicago’s River North neighborhood.

Is Jack Paleczny smart?

He got an ACT score of 32, which means only 2 percent did better, putting him at least in the suburbs of the rocket-scientist neighborhood.

He did well at Miami of Ohio, then, he said, “took a few years off to work” at jobs like cold-call phone sales, then decided a career in real estate law made more sense.

He’s on the dean’s list in his second year at the Chicago-Kent College of Law.

He played in the Northbrook Youth Commission’s Quiz Bowl, and in college on trivia clubs, and has done many crossword puzzles, which he thinks helps.

“I’ve always been a huge trivia fan, but there’s nothing you can do to prepare for the game,” he said.

It took him three tries over as many years to clear the show’s online test hurdles before being asked, in 2015, to head to Kansas City for mock games and a screen test. That cost was on him, but the costs of the trip in September for him, his girlfriend and his parents were free, after they got themselves there.

“Most people want to be on the show, and don’t care how much it costs,” he said. “That was the case for me.”

Last September, after arriving for the two-day “Jeopardy!” shooting schedule, he had to wait for eight hours the first day while other contestants were called to go on by the luck of the draw.

“It was so nerve-wracking to wait in the studio,” he said. “Day Two, I was the first one called.”

By then, the nervousness was gone. He was ready to go, he said.

When it started, he, like many people, said he found that he knew many answers (or questions, in the famously awkward syntax of the show), but couldn’t win too many races to buzz-in first with the hand-button.

“I went from thumb to index finger,” he said, and that worked. “It’s a much more fluid motion with the index finger.”

His parents and his girlfriend, Caitlin Sheehan, joined him on the trip, though Sheehan, who met Paleczny when both attended the Ohio campus, had to leave after the first day of taping. That means she missed a reference to her in the on-air interview by Trebek.

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Returns still a hassle for online shoppers

As internet sales increase, exchanges become harder

BY LAUREN ZUMBA
Chicago Tribune

Holiday shoppers who enjoyed the convenience of fulfilling wish lists with a simple click of the "buy" button are learning this week that the return process for online purchases can still be a hassle.

E-commerce purchases can be made with little effort, but shoppers say the returns are almost never as straightforward.

Lauren O'Connor would rather not have made the trip to a Near North neighborhood post office on Dec. 27. But she needed to return a dog bed and coat she bought online at Lands' End for her new puppy. Lands' End doesn't have a store near her West Loop home, so carting her online purchase back to a bricks-and-mortar location, as some shoppers do, wasn't an option.

That's how she found herself waiting with an unwieldy square cardboard box while struggling to find a pen to address the package, all without forfeiting her place in a growing line.

"It's just a big hassle," she said.

Dealing with returns is a pain for retailers, too, and one that's growing.

Online sales are growing, and shoppers are more likely to return items bought over the internet, Zuber said. That's because on-screen images don't always match what the item looks like in person, and consumers buying apparel often order the same item in multiple sizes or colors, intending to send all but one version back.

Retailers now spend gift cards, said spokesman Matthew O'Connor. But the first week of January is UPS' busiest period for e-commerce returns, tracked using the preprinted shipping labels some retailers provide to make returns easier for customers.

The early January flurry of activity is good news for shipping companies such as UPS, which expects to ship about 5.6 million returns during the first week in January 2017, up from about 5 million the year before, O'Connor said. It's not such great news for the customers making extra trips to ship return packages, or retailers that have to figure out what to do with extra merchandise that comes back.

Most items bought online get returned to brick-and-mortar stores, as long as the retailer has a physical store that's convenient for the customer. Unless the returned item is unusually bulky or something not typically stocked in the store, that's often the best outcome for the retailer, which can put the item back on a shelf and try to sell the customer something else.

A UPS survey found 70 percent of online shoppers made an extra purchase when returning an item to a brick-and-mortar store, according to O'Connor. Only about 45 percent made an additional purchase when processing a return online and then shipping it back.

Nearly 70 percent of retailers surveyed by the National Retail Federation at the end of 2015 let customers return gifts purchased online to their stores, up from 57 percent earlier that year.

Many retailers — especially those that only sell online — are working to making it easier for customers to ship returns back. California-based startup Happy Returns opened return stations at two Chicago-area malls where customers of five online merchants can drop off returns and get an immediate credit. Other retailers provide customers pre-printed address labels or cover the cost of mailing the item back.

Even though those efforts can cut into profits, Zuber said he hasn't seen retailers tightening return policies as online shopping has grown. Retailers weigh the cost of making returns as painful as possible against potential lost sales if customers are nervous about buying items they aren't positive they'll keep.

"The return policy becomes a competitive advantage," he said.

Some retailers are outsourcing returns to companies that specialize in taking back merchandise and squeezing as much value from them as possible, Zuber said.

Last year, FedEx acquired Genco, a logistics company that processes returns. UPS recently invested in Optoro, a software company that helps retailers and manufacturers handle returned and excess inventory.

"It's a high-tech solution for how to connect items to the next best home," said Optoro co-founder and CEO Tobin Moore, whose company takes a cut of any money it helps retailers recover.

Depending on the item's condition, it might go back to the retailer to be sold again, returned to the vendor for a credit, sold to a liquidator or on a secondary market like eBay, recycled or donated, Moore said.

For every consumer irritated that an ill-chosen holiday gift comes with extra cost or a trip to the post office, others, like Jackie Fegan, of Chicago's Canaryville neighborhood, try to put it in perspective.

There was no line at a Bridgeport UPS Store on the morning of Dec. 27 when she arrived to send a break trip, she said.

Had she bought it at a local store, the return still would have required a trip. The day before, she'd spent 20 minutes in line at Target amid shoppers looking for post-Christmas deals.

"This is so much easier," Fegan said.
Fake news isn't new

Randy Blaser

I hate it when I'm ahead of the times. People look at me like I have two heads, and I sometimes doubt my intuition.

But in the end, I'm often proved right, and I can sit back and say, "I told you so."

That's how I'm feeling now with all the revelations we've had about fake news. I knew it was coming. Even though I couldn't exactly outline how it would all unfold, the rise of the internet made it clear to me years ago that fake news was coming.

Why was I so sure? Simple: The internet made content king. And with certain publishers increasingly needing content, who really cared what was the content? Crap or potential Pulitzer, it didn't matter to some publishers. Just put it up and get some clicks.

And when all content is equal, publishers will pay what the lowest bidder will take. In some cases for some aspiring writers, that bid was zero.

So if cash wasn't the mark of a well-written story, and publishers desired clicks for their website, how do you get to the top fast?

Easy: Make stuff up.

So what proof do I have that I was ahead of the curve on this? Just a few things beyond what I've already explained. There were my rants when my kids were in high school about schools ill-preparing news consumers of the future and pleading for classes to teach young people how to evaluate so-called news stories.

I warned my fellow journalists that we would all be out of jobs when publishers decided all content was equal because there were millions of wannabe journalists who would provide content just to have a byline. Sure, some great reporters were discovered. But there seem to be more hacks willing to fudge the news, make up quotes, etc., than great journalists.

The thing is, fake news has been with us for a long time, maybe since the very beginning of news at all. In 1980, Washington Post reporter Janet Cooke won a Pulitzer Prize for her story on an 8-year-old heroin addict. Problem was, the story was fake. Cooke reportedly made it up, along with key parts of her resume to get the coveted reporting job with the Washington Post.

In 2003, New York Times reporter Jayson Blair was reported to have made up facts and quotes and more or less plagiarized his way to a series of news stories for the Times. Instead of one blockbuster lie, Blair left what the paper called a "long trail of deception" for Times readers.

Then there was Stephen Glass, a writer for New Republic in the mid- to late-1990s who was reported to have invented quotes, sources and events for his stories.

Those are some of the more famous examples of reporters faking the news for personal gain. But there is also a long history of fake news to advance an agenda. "Remember the Maine" was the rallying cry of yellow journalism that led to the war with Spain in 1898. In 2014, Rolling Stone ran a story called "A Rape on Campus" about an alleged rape at a frat house at the University of Virginia that the magazine later retracted in its entirety.

Back when I was in journalism school, we spent a few weeks talking about spotting "fake news." We were warned that activists with an agenda would seek us out, so we needed to be vigilant and to verify. And even verification might not be enough.

One professor who had been a spy in the Cold War warned us that foreign government agents often forged documents and fed them to willing journalists in order to plant fake news stories. He admitted to having done such forging himself!

The lesson was to check, double check and verify, especially news that was sensational and fell into your lap.

And now that everyone and anyone with a laptop and cellphone can be a journalist, we need to teach news consumers those same lessons.

Randy Blaser is a freelance columnist for Pioneer Press.

What happens when Christmas trees meet their maker?

Paul Sassone

I have to be quiet about this. I think they can hear me.

But it's getting to be time to take down the tree. It's the price we have to pay for the Christmas celebration.

For the past few weeks, the Christmas tree has been the focus of the holiday celebration and the focus of family. The family shops for the tree together. The family decorates it together. The family opens presents around it together.

But Christmas is over. Now, the tree is garbage.

And nobody wants to be the one to remove the decorations from the tree and drag it into the alley, where the tree will lie cold and isolated as it awaits its hearse, also known as the garbage truck. It doesn't seem a decent end for something that has brought so much joy and happiness to the family.

For those few weeks, it almost seemed as if the tree were alive, acting as a person visiting for the Christmas holiday. Complicating this dilemma for my own family is our cat, Kate, who has bonded with the tree.

Before we even could jam the tree into the stand, Kate plopped down underneath it and purred loudly. When we decorated the tree, Kate brought over one of her toys - one that makes a tinkling sound like an ornament — and left it under the tree as her decoration contribution.

Ever since then, she spends a lot of time cuddled under her pal — the Christmas tree. How can I tell Kate (and the tree) that the end is near?

I'll just have to do it somehow. And so will you.

Oak Park collects deceased Christmas trees during the second and third week of January on regular trash collection days. Trees also may be placed at the curb for residents who don't have an alley.

Trees will be collected only if they are free of decorations, ornaments, tinsel and stands. Wreaths and garlands will not be collected because they contain wires and cannot be mulched or composted. Wreaths and garlands should go in the trash container.

And maybe that's an answer, if there can be an answer to the mystery of why Christmas trees must die.

The trees that Oak Park collects will be ground into mulch and compost. So, the tree doesn't really die.

The tree you loved, and the tree Kate loved, will create new life.

And Christmas trees will live again next Christmas.

If you have questions about Christmas tree removal, call the Oak Park Public Works Department at 708-358-5700 or email publicWorks@oak-park.us.

Paul Sassone is a freelance columnist for Pioneer Press.
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Consider the do's and don'ts when making resolutions

A few weeks back, I bought two large boxes of Fannie May Mint Meltaways during a buy-one-get-one-free sale at a local grocery store. I planned to bring one box to a family gathering at my sister's house and save the other for the random occasion at my house, where I could eat as many Meltaways as I wanted.

But during my shopping trip about an hour later, I was at a Macy's, where the display of Frango Mints kept calling me. I felt the need to purchase a large box of the mints right then.

At that moment, I decided how I probably should not be shopping for candy when I'm hungry and also how I should do a taste test between Fannie May Meltaways and Frango Mints.

The first issue with this came midway through the holiday season, when I forgot about my taste test idea and opened up the Frango Mints.

I happened to have lots of people in and out of my house the whole time. The mints were highly popular.

At some point, I popped some Frango Mints into my mouth and made a few mental notes for when I tried the Meltaways. I eventually opened up a Fannie May box during my family's Hanukkah party.

Fortunately, I was able to save two Meltaways for myself before they were all gone, so I quickly ate them for the good of the taste test. But I realized my test was not accurate since I barely could recall my mental notes on the Frango Mints.

So, I concluded that I highly enjoyed all the mints and needed way more minty data. I put "getting lots more minty evidence" at the top of my New Year's resolutions and prepared to buy more mints.

Later, I was discussing this with my good friend, Deborah Stern, a psychologist who practices in the Schaumburg and Vernon Hills offices of Perakis, Resis and Associates, as part of my 11th annual New Year's resolutions column.

"According to Google.com, resolution is defined as 'a firm decision to do or not to do something,'" Stern said. "To eat a whole box of mints or not to eat a whole box of mints? That is the question."

She said that jokingly but continued to explain.

"If you choose not to eat all the mints, what will you do instead? It might depend on what role the mint-eating was playing. Stress relief? Sweet tooth? Boredom? Once you've answered that question, you can then figure out what to do instead that might help you stick to that resolution," Stern said.

"If your resolutions are made up mostly of things to stop doing, i.e. stop drinking, stop eating junk food, stop overspending, be sure that each firm resolution not to do something includes what to do instead," she said. "Behavioral change is hard enough as it is, which is likely why the majority of people fail to keep the resolutions they set out to meet each new year. When we try to focus on what not to do, without a clear plan of what to do instead, we are likely to find ourselves returning to our old behaviors sooner than later."

"So, what steps can you take to turn your don'ts into do's? It may help to first figure out what role, purpose or function that behavior or habit played in your life up until now," Stern said. "Then, think about what life might be like without it. Will you miss that behavior? Will there be a new void to fill? What might be the challenges or blocks that may make that behavior difficult to stop?"

"Oftentimes, finding a new, positive/healthy behavior or plan may be just the remedy to help the change stick," Stern said. "For example, if you are on yourself this year to spend money less frivolously, after making sense of what role the spending played in your life, think about other activities that might bring you similar joy or relief without hitting your pocketbook as hard."

"Finally, perhaps you can actually make a do plan of how to improve your finances, watching your savings build by not spending as much and/or making plans to invest the money you save," Stern said.

She explained how addiction recovery programs often use this approach.

"When someone is getting sober from alcohol, for example, the support groups they might attend not only provide psychoeducation, spirituality, new coping strategies and relapse prevention, but going to the meetings themselves — often followed by going for coffee or another sober social gathering — often provides an outlet/alternative to what the drinking may have provided, such as social contact, stress relief, something to do, etc."

In summary, anyone interested in making resolutions this year should ensure every "don't" included in the list is followed by a "do," while every "stop" is followed by a "start," Stern said.

Susan Dubin is a freelance columnist for Pioneer Press. Reach her at gabbin@sandubin.com
28-hour shifts for young doctors is a bad idea

PAT LENHOFF

There's no avoiding it anymore. It's that time of year when many of us make a renewed commitment to healthy living right after the prolonged culinary extravaganzas that accompany the celebrations of November and December. January turns our attention toward health-related issues.

Not all of us will have successful results in spite of best efforts. That can occasionally mean a hospital stay for health crises of varying intensity. A recent Los Angeles Times report jolted me out of the holiday haze and back into reality as I read about a new proposal that would allow young doctors to work 28-hour shifts, something that has been restricted since 2011.

To me, that's a pretty scary thought.

I have the teeniest dash of expertise in this area, having both a daughter and son-in-law who work in the nursing profession at a nearby hospital. When they started out, their schedules were in complete conflict. The each worked 12 1/2 hour shifts. Julie would work 6 a.m. to 6:30 p.m. and John from 6 p.m. to 6:30 a.m. Finally, they were both able to be assigned the day shift. That helped them have a bit more time together with my little Magnificent Max, who has Grammie as his baby sitter on those days when their schedules coincide.

And let me tell you, I am dog tired after my marathon days with Max. Child care is often an unheralded, harder-than-it-looks job that makes me feel absolutely justified in needing some sympathy and wine when I get home. As I think about the life-and-death decisions made by doctors and nurses like my children, it takes on a whole new level of concern for those who work long shifts. That's why I found it distressing to see this latest news story.

In spite of reports of young doctors falling asleep behind the wheel and having accidents because of work-related fatigue, the private group that oversees US physician training has proposed adjusting the 2011 rules so that freshly minted doctors can work 28 hour shifts.

Used as justification are assertions that current shift limits might cause an increased risk for patients if physicians must leave at critical times and that demanding hours prepare young doctors for a future of unsupervised patient care.

Now, there are plenty of medical professionals on the opposite side of the spectrum, and frankly I'm with them. Their concerns aren't hard to enumerate, as one doctor cited in the LA Times report wrote, "You don't need kindergarten to know that a resident working a 36-hour shift in no condition to make any kind of judgment call, forget about life-or-death."

A resident working a 36-hour shift is in no condition to make any kind of judgment call."

—Doctor cited in Los Angeles Times report

SAM EDWARDS/GETTY IMAGES

A new plan would clear the way for young doctors just out of medical school to work shifts as long as 28 hours.

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Pat Lenhoff is a freelance columnist for Pioneer Press.
Winter film preview

Season of potential surprises awaits

BY MICHAEL PHILLIPS
Chicago Tribune

Moviegoing becomes a game of catch-up early in each new year. It's the time to see some of the best-reviewed work that opened a few weeks earlier in New York and Los Angeles for Academy Awards consideration. Then there's the rest, the stuff - true to the season - that opens cold, without high Oscar hopes.

In many ways winter holds the biggest potential for happy cinematic accidents. This is the time, with luck, when we stumble upon movies even their own distributors didn't realize were actually good.

So, we'll see. And we'll certainly be seeing these 10, among dozens more, out on the big screen or home on smaller ones.

Wide release dates subject to change. Check your local listings.

“Silence,” Jan. 6. Is God there, listening to His believers' cries? Martin Scorsese's latest made its world premiere in November at the Vatican, and for movies devoted to the power of Christian belief, that's what's known as playing the big room. The film is based on the 1966 novel by Shusaku Endo; its story of Portuguese Jesuit missionaries persecuted in 17th century Japan has haunted Scorsese for decades. Starring Andrew Garfield, Liam Neeson and Adam Driver, and shot in a stunning variety of Taiwanese locales.

Andrew Garfield in “Silence”


Michael Keaton stars in “The Founder.”

“Toni Erdmann,” Jan. 27. Rascoos, tender, completely unpredictable in terms of tone and narrative, this remarkable black comedy from writer-director Maren Ade concerns a humorless German business consultant (Sandra Huller) and the stunning lengths her practical-joking father (Peter Simonschek) goes to, in order to reconnect with his only child. A smash at Cannes and, if there's justice in the world, a good bet for this year's foreign-language film Oscar.

“I Am Not Your Negro,” Feb. 3. Another 2016 festival hit, this portrait of novelist, playwright and trenchant civil rights chronicler James Baldwin was a lot of folks' favorite documentary last year. This year, it's getting out and about in limited release.

“The Lego Batman Movie,” Feb. 10. What is it? Is it the stubby lil' Lego legs that make the action figures in the “Lego Batman Movie” trailers so durn cute? If you were a fan of “The Lego Movie,” gender politics aside, you're jolly well looking forward to director Chris McKay's animated Lego Batman romp.

“Get Out,” Feb. 24. Jordan Peele, of “Key &” fame, goes for the cold creeps in what the trailers suggest will be a weird blend of sociopolitical satire and balls-out horror. White woman brings black boyfriend home to meet skeptical folks; complications ensue.

“Table 19,” March 3. This one answers the question: What has June Squibb, Oscar nominee for “Nebraska,” been up to lately? She plays one of several misfits stuck at the same forlorn wedding-reception table (in back, in Loserville) alongside headliner Anna Kendrick, Craig Robinson and others. Written by the Duplass broth-

Turn to Movies, Page 19
Tom Hiddleston and Brie Larson in "Kong: Skull Island"

"Kong: Skull Island," March 10. I'd love to see the TripAdvisor reviews for vacations on Skull Island: "Enjoyed the beaches and activities, with one ENORMOUS exception ..." The uncharted South Pacific isle of the title has its locals (Kong, plus other beasts) and it has its visitors, played by Brie Larson (Oscar winner for "Room"), Tom Hiddleston, Samuel L. Jackson and John Goodman.

"Beauty and the Beast," March 17. Bill Condon directs a live-action version of the animated 1991 Disney smash, which exists because Disney tends to make money on these things. Emma Watson is the new Belle; Dan Stevens, the new Beast; various supporting knick-knacks and whatnots are played by Ewan McGregor, Emma Thompson, Kevin Kline and others. The question hanging over this enterprise: Can director Condon make it live and breathe on its own terms?

"Wilson," March 24. The gloriously alienating anti-hero of the Daniel Clowes graphic novel comes to life via Woody Harrelson, in one of the riskier literary adaptations of recent times. Judy Greer co-stars, so that's an immediate plus. Directed by Craig Johnson ("The Skeleton Twins"), the movie was shot in the Twin Cities. Here's hoping it's even half as odd, and splendid, as the source material.

"Handbag Not So Hefty?"

Play with your Club card January 1-26 and each Thursday from 6-8 p.m., you could win FKC Reward Play or up to $10,000 cash!
Here's a look at the latest news about suburban authors, actors, artists, musicians and more.

**Tales of terror:** Evanston resident Brad Armacost and Highland Park native Bradley Grant Smith hang around a pub trying to impress a girl from Dublin with their ghostly yarns in Conor McPherson's "The Weir" by Irish Theatre of Chicago. Ensemble member Armacost was in the hsh Theatre ofChicago's Joseph Jefferson Award-winning "Seafarer" by the same author, as was guest artist Smith. "The Weir" runs through Jan. 22 at Den Theatre. For tickeis, visit wwwirishtheatreofchicago.org.

**Going solo:** Four members of the Oakton Community College Jazz Band scored big at the Illinois Skyway Collegiate Conference Jazz Festival at the College of Lake County. Recognized as outstanding soloists were Preetham Marati of Skokie (alto saxophone), Jim Postillion of Arlington Heights (baritone saxophone), Brad Kolar of Park Ridge (trumpet) and Tom Bartlett of Waukegan (trombone).

**Poet praised:** "Brush off the Dust" was the winning poem for Cheikhna Cissokho of Evanston in the Nov. 17 Illinois Skyway Collegiate Conference Writers' Festival at McHenry County College. Another Oakton Community College student, Max Wacker of Arlington Heights, placed in the top three in the nonfiction category for "Lessons in Attendance."

**How sweet it is:** Nicolas DeGrazia's Bitter Jester Creative won two Chicago/Midwest Emmy Awards. Pat Tomasulo of WGN was honored for Outstanding Achievement in On-Camera Talent—Correspondent for "Pilsen Preps for the Big Event." "A Day in the Life of a Cristo Rey Student" won for Outstanding Achievement in Public/Current Affairs Programming. Bitter Jester has won eight Emmys and earned 28 nominations in five years.

**Bookies after dark:** What happens when the doors of a library are closed? Strange things in the world of "Psychonaut Librarians." Evanston native Krissy Vanderwarker directs the world premiere of Sean Kelly's play by the New Colony at the Den Theatre. Lake Forest native Christine Mayland Perkins is one of the cast members. It's the first New Colony production for Perkins, who is a company member with the House Theatre of Chicago. Vanderwarker is a freelance director who has worked with Lookingglass Theatre and About Face Theatre. An MFA directing graduate from the Theatre School at DePaul University, she is now on the DePaul faculty. For tickets, visit www.newcolony.org.

**Combustible comic:** Word has it Deerfield resident Beth Kuhn is a Fire Breather. At least, that's her role in the sketch group We the Freaks, which is performing at Stage 773's 16th Annual Chicago Sketch Comedy Festival, Jan. 5-15. We the Freaks is one of 160 groups performing 180 shows during the eight day SketchFest. For the schedule and tickets, visit wwwchicagosketchfest.com.
Leigh Kminek and her daughters. She has been in remission for one year.

ROB HART/CHICAGO TRIBUNE

Makeup goes beyond vanity

Cosmetics sometimes transcend beauty to hide or showcase deeper aspects of a woman's life.
We've all been there. We start off the year making a bunch of resolutions, lists of things we want to change or do differently. Then we start off strong, but come February or March, we're back to our old ways, postponing our promises until next year.

Laverne McKinnon is an executive life coach, adjunct professor at Northwestern University and the head of television and film production company, Denver & Delilah, as well as the executive producer of the new Netflix series "Girl Boss" that will premiere in 2017.

Over her 30-year career in entertainment, McKinnon has used the power of story to help creative professionals tap into their talents by exploring their innermost thoughts and feelings. Her approach is holistic, encouraging clients to focus on "being" as well as "doing."

McKinnon's core belief is that lasting change only happens when it's connected with your life purpose and values. I recently talked with McKinnon and asked her to share her top tips for making positive changes that will last.

Ignore tips, lists or how-tos

The irony of this first recommendation isn't lost on McKinnon. However, while her top advice is "not listen to other people's advice," there is a good reason for it. McKinnon believes too many people create resolutions based on the notion that if they change something externally, they will feel better internally.

For example they think, "If I just lose 10 pounds or get a new job, then I will be happy and my life will be better."

For McKinnon, making a positive change means looking inward to figure out what you really need and want. "Be self-reflective," she said. "Spend time with your thoughts and feelings, trying to discover what you really want to change, why that change matters and most importantly what motivates you to make that change."

That means putting aside lists created by other people and consider what is really bothering you about your life, and what you want to do differently. Real change starts from within yourself.

Honor values

This tip goes hand in hand with tip No. 1. Once you identify what it is you really need, honor your own values and core beliefs by making a plan to satisfy this personal need. "Values are unique to all of us, and the biggest positive change comes from knowing and embracing yours," said McKinnon. "These values are the things that make you feel whole."

McKinnon cites the experience of a friend who loves social situations. The woman thrives when surrounded by people and the energy they bring. So to make positive changes in her life, she incorporates this value and seeks out more opportunities to make new friends and put herself in new types of social situations.

Conversely, those who find they need more downtime with their family, or even to be alone, must find opportunities to make that happen.

Kick the 'should' voices in the butt

It's a great visual and even better advice. According to McKinnon, the voices that say "should" actually often hold us back, keeping us small and stopping us from achieving positive change. "When you hear yourself say 'should,' stop and reflect on what you are really saying or thinking. Often it's a warning sign that you might be living outside your own values," she said.

Remember that the best way to make lasting change is to do it with intention, making sure it's something you truly want to change rather than a change based on other people's ideals.

Live one's life purpose

The most impactful way to create positive, sustainable change is to own and celebrate your gifts and talents and explore ways you can bring those talents, skills and abilities into your life. For example, if you loved ballet as a child but stopped dancing once life got busy, consider taking it up again and see if it brings you the joy it once did.

Find ways to incorporate things you love to do into your life, soon you will find you feel better, stronger and more content with your world.

Don't let perfect be the enemy of good

When creating positive change, consistency is far more important than being perfect. Too many times people become immobilized because they think things have to be perfect. This can lead to feeling overwhelmed and anxious and undermine your momentum. If we have learned nothing from 2016, we have learned that life is messy and complicated, and things don't always go as planned.

Effort, consistency and hard work are fundamental to successful changes. But accepting that there is always room for improvement can help you feel more confident and self-reliant.

Embrace loss

In many instances, a desire to change often times grows out of a sense of loss. It's important not to run from sadness. Allow yourself to grieve so that changes you plan become a positive recovery rather than an escape.

As a life coach, McKinnon often sees clients after an unhappy significant life event, whether it's the end of a relationship, the loss of a job or even becoming an empty nester. In almost all cases, an undercurrent of sadness colors the event and aftermath.

McKinnon says that until you connect with these emotions and face the sorrow it's impossible to move on. So explore why you feel this way and discover ways to make the feelings of discomfort small. Coping with your problems will always make you feel bigger.
Makeup goes beyond vanity

Cosmetics sometimes transcend beauty to hide or showcase deeper aspects of a woman's life

By Danielle Braff
Chicago Tribune

Bree Benz remembers the exact moment when makeup changed her life. It was 4:30 p.m. July 1, 2015, in New York. Benz has chills just thinking about it.

She was sitting in Monica Prata's makeup chair, and she glanced in the mirror.

Gone were any traces of masculinity from Benz's face. And a five o'clock shadow? Totally erased.

As of 4:30 p.m., Benz was 100 percent woman, she said.

"I've always been a woman, but it's about how do I make it come to life?" asked Benz, who had been born a boy and started a hormone therapy treatment two years before the New York makeover. When she had her makeup done, she hadn't done her facial feminization surgery yet.

"But on that one appointment, she did my makeup, we found a wig and I realized that I could do this," Benz said. "And then (Prata) became crucial, at least for me, in developing the confidence needed to conform and style, and I started living full-time as a woman in October. That initial appointment in July was this magic moment where I could see myself.

"Cosmetics have long been used to help people look like better versions of themselves, but for a smaller group of the population, it showcases, contours or hides deeper aspects of their lives."

This came to the forefront recently when a state-owned Moroccan TV channel did a segment showing a makeup artist explaining how to cover domestic-violence bruises on the face of a model.

The occasion: International Day for the Elimination of Violence Against Women.

"It's a topic we lack the courage to discuss," said the smiling makeup artist as she painted makeup over the bruises of the battered woman.

An instant later, the woman went from abused and battered to smiling and fine, at least superficially.

In a 2011 study by the High Commission for Planning, Morocco, more than 60 percent of women ages 18 to 64 were victims of violence that year alone, and 55 percent of them said their husbands beat them. Only 3 percent of these women reported the abuse.

Makeup helped, and was widely accepted and demanded to cover up the beatings, said Rothna Begum, Middle East women's rights researcher at Human Rights Watch.

"One Lebanese nurse told me how she repeatedly went to work with injuries and bruises as a result of beatings by her husband," Begum said. "Rather than her employer trying to find out how to support her, he told her she had to stop coming in with such bruises. Otherwise, she would lose her job."

The Middle East isn't the only place where women are using makeup to cover up their abuse, however.

There are victims in the United States and throughout other parts of the world who are covering up their beatings out of shame or because their partner forces them to use the makeup, said Ruth Glenn, executive director of the National Coalition Against Domestic Violence.

"You may have a victim in a workplace, where it's not acceptable, or she has a family member she hasn't disclosed it to, or she's going to church when she has a black eye, and it's not OK," Glenn said.

But while makeup is a necessary evil in these cases, it's more regularly used to enrich one's lives in a more positive manner.

Jaime Abraham, owner and makeup artist at Bride Eyes Salon in Oak Park, said she can expect at least one bridesmaid per party to ask her to use makeup to cover up a scar or bruise.

Beyond scars, she said, she's used makeup to help clients with alopecia, with an obsessive compulsive issue that compelled her to pull out her lashes and eyebrows, and for someone with cancer.

For most of these, Abraham draws on a thicker brow, adds fake eyelashes and corrects their skin tone. (Many patients going through chemotherapy find that their skin tone gets gaunt and has a pale yellow hue, Abraham said.)

"They always say, 'Oh my God, I feel like myself again,'" Abraham said.

That's what happened to Leigh Kminek, who saw Abraham in the midst of her treatment for breast cancer in June 2015. (She's currently in remission.)

Kminek lost her eyebrows and lashes during chemotherapy, and it was the low point during her treatment.

"It's amazing how you take for granted what eyelashes and eyebrows can do for a look," she said. "When I lost my eyelashes and brows, that's when I felt like I really looked sick."

So Abraham applied false eyelashes and brows, and did light makeup for Kminek. When she got home, her daughter's friend, who was 6 or 7 at the time, turned to her daughter to tell her how pretty her mother looked.

Kminek's instant confidence is the reason Lipstick Angels was formed.

The nonprofit sends makeup volunteers to patients while they're getting chemotherapy infusions at hospitals (they're in four hospitals in Los Angeles and New York, but are working to expand), and they do organic beauty treatments, including makeup.

"Sometimes, putting their makeup on and feeling dignified is the last thing on their list," said Renata Helfman, founder and executive director of Lipstick Angels.

Lipstick Angels helps them look healthy: not so dry, red and scaly, with eyebrows and eyelashes. It's a reminder of their former selves, and it gives them a burst of confidence.

Many of the women going through cancer treatments give up on makeup because they're worried about the chemicals, said Helfman, who is a professional makeup artist who formed the organization because she was feeling empty and wanted to give back. She searched for a long time to find chemical-free makeup that wouldn't disturb the skin of cancer patients. Many of them will continue using the chemical-free makeup throughout their treatment.

Danielle Braff is a freelancer.
Why residents spot more hawks around urban areas

By Marc Morrone
Tribune Content Agency

Q: Is it common to see red-tailed hawks in urban areas? I saw one perched on a light pole right in a major shopping district, and it was just sitting there with one foot up watching all the traffic go by. I have lived here for the last 30 years, and I have never seen one except on TV. I can understand a bird getting lost and ending up in the city, but this bird seemed so comfortable with the situation that I wonder if it was really a resident and not just passing through. — Kristi Conway, Baltimore, Md.

A: Oh yes, you certainly did see a red-tailed hawk, and they are quite common these days — they even live and breed in the heart of New York City. The habitat in that area has always been suitable for them to live in. All they really need are tall trees to perch on and a population of rats, squirrels or pigeons to eat. The activities we do on the ground do not concern or bother them, which is the case for most other native species of wildlife. It is so easy for them to remove themselves from it.

The reason they have not been noticed for many years is that in the past the attitude of humans to birds, such as hawks and other raptors, was "shoot on sight." So they quickly learned to stay away from any habitat that had humans in it. As time went on and we offered protection to all native birds, the younger birds that did not have the fear of humans discovered that living near us offered many advantages. So now this next generation of birds was happy to live in populated areas as many bird watchers have discovered.

As a child growing up in rural Cold Spring Harbor, NY, in the '60s, I never saw one. However, now the same area that I grew up in is developed with houses and roads and shopping centers, and yet there are many pairs of red-tailed hawks that nest there.

It is interesting to see how our changing environment has hurt so many different species of wildlife, and yet here and there you see a select few like the red-tailed hawk that have benefited from it.

Q: We have a 5-year-old, 60-pound lab mix that has been living at our home in the suburbs with a fenced in yard that has a corner for him to use as a bathroom. However, now my daughter is taking the dog to live with her in an apartment. She will have a dog walker to take the dog out once during the afternoon but otherwise the dog will be in her apartment all day. Do you think there will be an issue now and is there anything we can do to make the transition easier?

— Marlon Williams, Chicago, Ill.

A: Of course I do not see this situation first-hand, but from what you explained to me, I do not think that there is any cause for concern here. At 5 years of age, your dog most likely has learned everything about the world that it wants to know by now, and she will be content to spend her time dozing most of the day.

The fact that your daughter arranged to have a dog walker take the dog out during the day makes all the difference in the world. I used to bring my little dogs to my pet store during the day, and I would love to give them. City dogs, however, get to go about into the real world at least three times a day and every time they do it is a new adventure for them. The smells and sounds are pure entertainment, and in the city, they are always different. A world of different smells to a dog is equivalent to you getting a new iPhone every day to open up and explore.

So I do not think that your dog's move will be much of an inconvenience, and depending on the dog walker your daughter hires, then it may be a move upward in life. Most neighborhoods these days have secure fenced in public dog runs that the dog can run about and just act like a dog.

Marc Morrone has kept almost every kind of animal as a pet for the last half-century and he is happy to share his knowledge with others. Although he cannot answer every question, he will publish many of those that have a general interest. You can contact him at petexperts2@aol.com; please include your name, city and state.
In honor of the year that was, I decided to cull through Help Squad’s previous 12 months to compile for a Help Squad “Best Of” list for 2016. Read on for eight solid tips.

■ **Use a credit card**
  
  This first recommendation is my most frequently provided piece of advice: Always make major purchases using a credit card. Don’t use debit card, check or cash as none provide the same consumer protections. Should quality, delivery or service fall short, your credit card issuer can investigate on your behalf.

■ **Service contracts aren’t necessary**
  
  Per the Federal Trade Commission, when purchasing a new car, buying a service contract is rarely warranted, as it typically overlaps with the manufacturer’s warranty — a benefit included with the purchase of every new vehicle.

■ **Save on mobile data**
  
  With background app refresh enabled, if you are not diligent about closing out your smartphone apps, you could be unknowingly consuming data “in the background.” On an iPhone, click Settings > General > Background App Refresh, then turn off Background App Refresh in its entirety or by individual app.

  With Wi-Fi assist turned on, your phone will automatically transition to data when Wi-Fi cuts in and out or drops altogether. If you don’t want streaming to occur outside of Wi-Fi, go to Settings > Cellular > Wi-Fi Assist. Toggle the Wi-Fi Assist button off.

■ **Diminished value is a valid insurance claim**
  
  Diminished value is defined as a repaired vehicle’s market value loss resulting from incurred property damage. According to Collision Claim Associates CEO Richard Hixenbaugh, “Diminished value is a valid and legal claim in all 50 states ... Once a claimant is able to respond to an insurance company in an effective manner, the insurance company will usually start making reasonable offers.”

■ **Prepare for death**
  
  Though not a topic most like to discuss, there are some very important pre- and post-death steps individuals should take to make the logistics of losing a loved-one easier.

  Everyone should make a secure list of their digital assets — smartphone, computer, email, social media accounts — and record the associated user IDs and passwords someplace retrievable by a family member.

  Protect against post-mortem identity theft by canceling a deceased person’s driver’s license, notifying Experian, TransUnion and Equifax to flag an individual’s file as deceased, and having a physical copy of the life insurance policy.

■ **Never share utility bill details**
  
  If someone calls offering to review your gas or electric bill for the purpose of locating previously unidentified savings, simply say “no thanks.” Once you provide your bill or account number, unscrupulous sales reps have all the information they need to sign you up for a (typically higher priced) supplier without your permission.

■ **Request ID theft documents**
  
  Should you wind up the unfortunate victim of identity theft, you as a consumer are entitled to any documentation submitted to banks or other institutions for the purpose of obtaining loans or other credit in your name.

■ **Car warranties don’t always start on purchase date**
  
  Vehicles can be entered into service by dealers prior to the actual sale date. Reasons for this include use as a demo car or classification as “sold” in order that the dealer can benefit from a manufacturer’s incentive. Review all mileage and end dates before signing any paperwork.

Need help?
Send your questions and injustices to HelpSquad@pioneerlocal.com.

Cathy Cunningham is a freelance columnist.
A reading list for Donald Trump

By John Warner

There are many things I will miss about the Obama presidency.

The scandal-free nature of his eight years in office and the dignity and strength he and his family have shown, even when others have sought to deny their essential humanity.

And I will never forget his address in my adopted hometown of Charleston, S.C., after the murder of nine worshippers at the Emanuel AME Church. I cannot imagine another person, let alone another politician, who could have fostered the same spirit of healing.

President Barack Obama also was the reader-in-chief, often publicly sharing the lists of books he was reading and promoting the benefits of engaging with the words of others. Obama is just one in a long line of presidential readers; his predecessor, George W. Bush, famously had a contest with aide Karl Rove to see who could finish more books.

Rather than books, our incoming president appears to prefer magazines with himself on the cover. According to The Washington Post, he didn’t even read the biography of him by an author he later sued for libel.

Being a reader isn’t a necessity for being a good president, but there are some books I wish Donald Trump could find the time to read before he takes over the most powerful office in the world.

In “So You’ve Been Publicly Shamed,” Jon Ronson looks at the lingering effects of singling people out for ridicule and attack on social media. Because of his prominence and power, President-elect Trump has the ability to unleash a mob on individuals at any moment, and not just well-resourced news celebrities like Megyn Kelly, who needed round-the-clock security after clashing with then-candidate Trump. Even before that, Trump had singled out an 18-year-old college student because he thought she had asked an unfair question at a candidate forum. She has been the recipient of rape and death threats ever since. My hope is that Trump would read these stories and understand the damage that can be done to others. My fear is he’d use them as a road map for more destruction.

It’s tough to pick one Kurt Vonnegut novel to recommend, but I’ll go with “Breakfast of Champions.” Published in 1973, the story of “two lonesome, skinny, fairly old white men on a planet which was dying fast” remains relevant, as Vonnegut exposes uniquely American hypocrisies where “freedom” means free to work as part of a larger, indifferent, corporate machine.

Come to think of it, Trump may see Vonnegut’s dark satire as a utopia.

Marilynn Rybinson’s essay collection, “The Givenness of Things” explores which she believes give us meaning; our freedom, our individuality, our flaws, our faiths. Collectively, the essays are an argument for extending ourselves toward others in search of exchange and understanding, even as we acknowledge our differences.

Before Trump has the power to order a nuclear strike, I wish he’d read John Hersey’s “Hiroshima,” an account of the aftermath of what happened when a significantly less destructive atom bomb than what we have today was dropped on a city.

And finally, racism is not America’s history but its present, and we will never achieve our awesome aspiration of a society where “all men are created equal” until we deal with its reality. I have little hope that Trump would be moved by James Baldwin’s “The Fire Next Time” and Ta-Nehisi Coates’ “Between the World and Me,” but if more of us who hold positions of privilege could read these books and listen to their messages without taking offense, we could move forward with clearer eyes and fuller hearts.

John Warner’s most recent book is “Tough Day for the Army.” Follow him on Twitter @Biblioracle.
SOMETHING FOR YOU:
Seven somethings, to be precise

Across
1 In... traits (desperate)
5 Propelled, as a raft
10 Caesarean conquest
14 Curacao neighbor
19 Composer Stravinsky
20 Put up with
21 Garage job, for short
22 Unlucky one
23 Opera habitues
26 Box-office buy, slangily
27 Natural gifts
28 Consider, as a case
29 Urban-curb fixtures
30 Numero _ (first-rate)
31 Mud concoction
32 Ordeal
34 _ (briefly)
35 Pastor's home
37 The Tempest sprite
38 Trifles (with)
39 "By the way..."
42 Conscienceless
46 Hybrid horse
47 Dandy dressers
50 Batting-practice areas
51 Caesarean salutation
52 Jalal basket
53 "Nope"
54 "Omnia vincit _"
55 "What a bumper"
58 Repair-bill detail
59 Give the right
60 Game-show group
61 Ballerina's wear
62 Baseball great Gehrig

Down
1 Formal declaration
2 Lizard pet for many
3 Rotating-ball product
4 Art Deco artist
5 Minsteries starter
6 Santa-like
7 Actress Tyler
8 End of UNLV's URL
9 Marina _ Rey, CA
10 Big brand in bonding
11 Hearing-related
12 Car-ride company
13 _ Miz
14 Birch family trees
15 Pathway
16 Commerce Dept. arm
17 Put up with
18 "Graphic" group
24 Set free, in a way
25 South Vietnam's last president
29 "Your mileage _ vary"
32 More reliable
33 Clothing mishaps
34 Unnatural, as a photo
36 Edible wrapped rolls
37 Producer Oscar film for Affleck
38 Nation near Fiji
39 Vine vintage
40 Choir range
41 Wine vintage
43 Resells for too much
44 Caravan beast
45 Stops for a 44
46 Protein source
47 Propane or butane
48 "This can't be!"
49 Invitation to fight
51 Stick together
52 Gift, for a child
53 Cavalry sword
54 Heavy load
55 Something in the air
56 Cloth mishaps
57 Big bundle
58 Presley's birthplace
59 Vacuum hookups
60 Two-continent country
61 Ringed planet
62 Rainbow curves
63 Motto on money
64 Composer Ned
65 SpaceX head
66 Of armadas
67 Grammy category
70 Bake-sale orgs.
72 Casting
73 Programs in phones
75 Hotel lobby
77 Harder to find
78 Give birth to
79 Feedbag fodder
81 Teen faves
82 Part of 63 Across' meaning
83 Aesopian ending
84 Litter's littlest
85 Out of bounds
86 Fluffy sky sight
88 Go wrong
91 Sacred chest
93 Smoke detectors of a sort
94 Serengeti scavenger
95 Put in hold
96 Complain, so to speak
97 The Simpsons storekeeper
98 "By the way..."
99 All Saints' Day mo.
100 How skinny jeans fit
101 "See ya!
102 Coffeehouse worker
103 Mud concoction
104 How skinny jeans fit
105 "See ya!
106 "See ya!
107 Coffeehouse worker
108 Mud concoction
109 Godzillla's hangout
110 Eighth Amendment phrase
111 "See ya!
112 "See ya!
113 "See ya!
114 Bumbling
115 Apple cousin
116 Three-card con
117 Jared of Dallas Buyer's Club
118 Takes five
119 WWII foes
120 Store up
121 Genesis locale

Last week's answers appear on the last page of Puzzle Island © 2017 Creators Syndicate. All rights reserved.
Quote-Acrostic

1. Define clues, writing in Words column over numbered dashes.
2. Transfer letters to numbered squares in diagram.
3. When pattern is completed, quotation can be read left to right. The first letters of the filled-in words reading down form an acrostic yielding the speaker's name and the topic of the quotation.

Clues

A. Store display:
   137 61 117 73 162 111 157 41 29 4

B. Impetus:
   83 89 54 8 147 23 33 123

C. Suddenly:
   131 150 98 24 7 39 75 66

D. Tornado:
   59 90 45 128 138 31 154

E. Step on it:
   107 87 99 49 118 6 159

F. Humbled:
   96 108 50 119 28 143 129 40

G. Lodging establishment:
   130 53 100 145 35

H. Chinese-American dish:
   55 113 120 93 21 155 38 82 15 141

I. Loss well:
   60 126 104 18 161

Words

1. Tropical cyclone:
   2 58 164 92 139 42 64 85 105

2. Very odd:
   44 94 65 121 34 56 158 17 152 5

3. Tornado:
   79 36 142 101 1 57 19 116 69

4. Crush:
   77 144 84 67 52 43 91 132 30

5. List of words:
   11 163 106 122 134 20 135 3

6. Philosophy of beauty:
   133 110 16 97 149 63 71 46 86

7. Just:
   14 32 127 68 114 153 20 135 3

8. Count:
   112 156 9 47 125 136 76 27

9. Remove limits:
   72 168 25 115 81 124 88 12 140

This crossword was previously published on February 13, 2011

Toothsome

BY CHARLES PRESTON

ACROSS

1. Wearing rags
5. Colonel Potter's aide
10. Fabulist
14. Individualized atmosphere
15. Treat like Madonna
16. Light shade
17. Just enough
20. Ill-starred tennis star
21. Final word
22. Swabby
23. Ollie's pal
26. Wall Street order
28. White House first name
31. Bush and Clinton, e.g.
33. Baby's cousin
37. Cassius' 52
38. Cancels
40. See 34 Down
41. Ready as possible
45. Hautboy or English horn
46. Childlike
47. Sweater front
48. Weird as can be
51. High schooler
52. Get lost
53. Piano man Peter

18. Belgian city
19. Yarn
24. Touched down
25. "Ghost" singer Marni
27. Summer camp site
28. Easy-smoking cigar
29. Hung out to dry
30. Treated the lawn
32. Ease
34. "Superman" star
35. Put below
36. Light gas
39. Turned (away)
42. Shangri-La, in a way
43. Anon's partner
44. Inhabitant
49. Belgrade native
50. Readies
54. Nose or eye
56. Toothsome
57. Floors
58. Swinging bandleader
59. See 66 Across
61. Blues singer James
63. Strikeout king
64. Kind of charge
65. log
67. Sort of square
68. Another 54 Down
69. Pipe bend

This crossword was previously published on February 13, 2011
What Happened Then

BY DON GAGLIARDO AND C.C. BURNIKEL
EDITED BY RICH NORRIS AND JOYCE NICHOLS LEWIS

Across
1. Olympian queen
5. Bad attention-getter in a crowded bar
9. Baker/literacy advocate Wally who hosted "Learn to Read"
13. Big name in romance novels
17. beverage
19. Goddess who saved infant Zeus from Cronus
20. Hair-raising
21. Big do
22. Fundraising items first sold in 1917
25. Additional decision-making factors
26. "Don't move"
27. Person
28. Treats inspired by a coal miner in 1917
30. Starspot
32. Flight parts
34. Valencian rice dish
35. Frame of Elmer, e.g.
41. She plays Watson in "Elementary"
42. World Series winner in 1917
47. Hoppy brew, for short
49. More than help
50. Fabled thor victim
51. "Nice job!" reply
52. Bishop's agent
55. Site with a Pill Identification Tool
57. Have choice words for
59. Modern problem solver
60. Some microbrews
62. "Fantastic Mr. Fox" director Anderson
63. Pile on
64. Column width unit
67. American citizenship granted in 1917
71. Slant
72. Gp. once led by Charles Mayo
73. Book with entries for
74. Black box, e.g.
76. Surgical knife
78. Desk accessory
81. Slow period
84. Split
85. Serving two purposes
86. Starting on
88. Sidestep
90. They may be checked at the door
91. America bought it from Denmark in 1917
94. Letters in early dates
96. Prefix with fiction
98. Middle
99. Granny
100. Hubub
101. Words of concern
103. Stern with strings
105. UPS Store customer
108. Orphanage
110. Many antique radios
112. Crumby English cheese
115. Tantrum-prone one
116. Subject of an act passed in 1917
119. Like some ducks?
120. Full of chutzpah
121. Philosophy
122. Dry runs
123. "What?"
124. Sources of pliable wood
125. Column that's beside the point?
126. "Immediately!"

Down
1. Fairy tale heavies
2. Ready for publication
3. Grandma Moses subject
4. "O Come, Faithful"
5. Code of conduct
6. " Moo-pork"
7. Collectors' goals
8. Shells from stands
9. "That's terrible!" "Faithful"
10. Seriously injures
11. Dairy Queen Blizzard flavor
12. Online admins
13. Wonder-struck
14. Dunkin' Donuts order
15. Yale nickname
16. Onetime Bahaman pirate base
18. Spice amts.
20. Only child, maybe
23. Teleprompter's job
24. Tagged before reaching, as home
29. Restless folk?
31. "Ali ... okay"
33. Common meal for a tight budget
35. Loopoed in, briefly
36. Website
38. Athlete's refreshment?
40. Clearasil competitor
43. Lethal snake
44. Large group
45. Like noble gases
46. Table scrap
48. Short shot?
53. Musical with the song "The Gods Love Nubia"
54. Joey Votto's team
56. Railstop
58. Of ...
59. Pays attention to
60. Modern problem
61. Software glitch
62. String of engagements
63. Like some ale
64. David Bowie's love
66. Holiday sides
68. Change the price of
69. Traps during a storm, perhaps
70. Circles of light
71. "Div's reward"
73. "I'm starving!"
75. Star of David display
76. "El Cantar de mio...
77. El Cantar de mio...
78. Blue Bird vehicle
79. Volcanic flows
80. Member of a small ruling class
82. Hustler
83. Scottish pirate
85. Key & Peele, e.g.
87. Handles skillfully
89. Brit. medal
90. Fielding error
92. Fables of ancient China
94. "I'm starving!"
95. "I'm starving!"
96. String of engagements
97. "I'm starving!"
98. "I'm starving!"
99. "I'm starving!"
100. Hubbub
101. Words of concern
102. Like some ducks?
103. "What?"
104. Sources of pliable wood
105. UPS Store customer
106. Orphanage
107. Many antique radios
108. Orphanage
109. Many antique radios
110. Many antique radios
111. Kristoff's pet reindeer in "Frozen"
112. "What?"
113. Sources of pliable wood
114. "What?"
115. Tantrum-prone one
116. Subject of an act passed in 1917
119. Like some ducks?
120. Full of chutzpah
121. Philosophy
122. Dry runs
123. "What?"
124. Sources of pliable wood
125. Column that's beside the point?
126. "Immediately!"

Jumble
Unscramble the six Jumbles, one letter per square, to form six words. Then arrange the circled letters to form the surprise answer, as suggested by this cartoon.

Ludfon
Toyidd
Toniolo
Upbcha
Lanerh
Tocejb

Last week's answers appear on the next page

Sudoku
Complete the grid so each row, column and 3-by-3 box in bold borders contains every digit 1 to 9.

Level: 1|2|3|4

6 2 7 3
4 8 5 1
3 1 9 7
2 6 4 8

Last week's answers appear on the next page

PRINT YOUR ANSWER IN THE CIRCLES BELOW

This week's answers appear on the next page

By David L Hoyt and Jeff Knurek. © 2017 Tribune Content Agency, LLC. All rights reserved.
Last week's crosswords

"CHRISTMAS CAROLS"

HARM'S SPA GETS DATA
OKARA TACO AS ONE ORANGE
BOYER GETS STADIUM
DOCTOR'S ICE 담
ELARD'S NOS SWANSON
BINGO'S POND WARD
SINKER'S CREEK HEDGE
SHOOPER'S PEARLENC
CASTER'S SUGAR
PACER'S YANKEE
AMID MISE PRO REGA
RAF ON CRACK FS ELI 11 WAR IR SHIP
JOHN'S LEXILE
AOLE TRUST OVER ELLICE
BEER ELREY RAPS SLED

Solutions

47 ___ for; represented
50 ___ for; bought
51 Mall, to Sasha
51 Unable to get out and about
52 Actor Azaria
53 Sculptor's tool
54 Small weight
55 One opposed
56 In a bad __;
57 Furry swimmer
58 Go no further

"Animal Talk"

CART CALLLE EMIT
LEAR HUEY'S LATE
ARTA ADAMS DRES
WOLVES N PESS
ARGO HISS
SMILE PRETESTE
STILA SAUNA
ELK S OGGY ART
STEPS GORSE
YORL, LUNES
COURGOSOODEST
SOUR JABOT TIE
SALT A ROSE ETAL
ARTY SPEED DONT

Last week's Sudoku

```
2 3 1
7 5 6
9 8 4
```

This week's Jumble

"Holiday Doings"

EROND TAMIL INTRA
ERICKE UNAEGA
ERHOO CRIFF OCTOER
GARDEN Hills BASENOTE
BEE TAHA RABNOTE

Last week's Quote-Acrostic

EDITORIAL: WALL ST (reel) JOURNAL: Humans find ways to survive changes in the environment, which is something global warming paranolacs should keep in mind. In the contest of Man versus Eyjafjallajökull, our money is not on the volcano.

"Put Food on the Table"

She worked two waitressing jobs to —

"Animal Talk"

PUT FOOD ON
THE TABLE

Interactive puzzles and games
‘This Is Us’ does more than entertain

I had a chance over the holidays to binge watch the NBC comedy-drama series everyone I know has been talking about “This Is Us.” Now I know why everyone is talking about it — because “This Is Amazing.”

“This Is Us,” which premiered in September and returns Jan. 10, is smart, honest and really entertaining. With several plot twists that captivated me throughout its 10 episodes, the show offers really cute and funny dialogue between lovable characters to whom I found myself instantly attached. I'm hooked.

The show revolves around 36-year-old triplets: Kate, who struggles with being severely overweight; Kevin, a famed television actor who seems lost in life; and Randall, their adopted black brother and a wealthy family man who recently found his biological father.

But aside from its entertainment value, “This Is Us” offers something else. Through interweaving story lines that take place in the past and in present day, the show has an ability to make viewers think about how childhood experiences help shape who we become as adults.

There is a scene in Kate's childhood when she notices a tag on her mother’s blouse showing the size as “Small.” She then looks at the tag on her own sweater and reads “XL.” Another example is a scene when Kevin throws a temper-tantrum at age 8, screaming at his parents that they are always catering to Kate because of her weight and Randall because he is adopted. As for Randall, as a child he is constantly trying to be friends with Kevin, who is resentful of his adopted brother.

Almost everyone has both good and bad family memories of their childhood. They can include conversations we had with our parents, things they might have said to us or didn’t say that hurt or helped us, family traditions, inside jokes, family celebrations, times we fought with our parents or siblings and painful times in our own lives. When a grandparent became ill or died, or when our parents argued.

Things might have happened that were hurtful, that made us insecure or perhaps even that caused us to be a little bitter or resentful. The bright side is people also have childhood experiences that made us strong, passionate about something, smart, thankful and loving. Or not loving.

I believe people learn how to love (or not love) at an early age, and that we learn it from our family, mostly our parents and siblings. Children notice every single little thing that is happening around them. And, what they see, they will almost certainly emulate.

That is why for parents, leading by example is key in raising kids to be loving, caring, kind adults.

Kids will watch how their parents treat each other. They will notice if mom and dad are nice to each other, if they speak to each other in a respectful tone, if they buy each other birthday gifts, if they hold hands. They will also notice if their parents are mean to each other, if one or both act distant, if they don't drink and drive, if one parent isn’t home a lot.

Kids notice the second their parents are in a fight. They notice abuse — both verbal and physical. If something is wrong with a parent, often a kid will notice way before the spouse. So, as a parent, you aren’t fooling your kids if you are inauthentic in how you treat your spouse.

When kids grow up and get into romantic relationships, their parents often serve as their guidebook on how to be in the relationship. If mom and dad fought a lot, they might say, “I’m never going to be like them,” or they might end up getting into a relationship in which the dialogue is often argumentative. If someone’s childhood experience included parents who had a genuinely healthy relationship, they are more likely to choose a partner who will foster a relationship similar to the healthiness they saw growing up.

That’s not to say that if your parents had a bad relationship, you are doomed. But I really believe that because people tend to repeat behavior they are familiar with, those with non-ideal childhood memories might benefit in life and in relationships from therapy and other kinds of emotional support.

Randall is the only one of the triplets in “This Is Us” who is married, and in my opinion, the show’s writers wanted both Kate and Kevin to be single at the start of the show so that in future seasons viewers can watch them fall in love and get married. Will they choose healthy, loving relationships? Based on the flashbacks of their childhood, I would say yes. Why? “This Is Us” might have well be titled, “This Is Really Good Parenting.”

Jackie Pilossoph is a freelance columnist.

Love Essentially

Jackie Pilossoph

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ASK THE DOCTORS

Lack of morning sickness concerns pregnant woman

By Dr. Robert Ashley

Dear Doctor: I just entered my second trimester without any nausea at all. Considering a recent study linking morning sickness to a successful pregnancy, should I be worried?

Dear Reader: Nausea occurs in up to 80 percent of pregnancies. The cause appears to be related to a rapid increase of the pregnancy hormone beta hCG (BHCG) as well as the rise of estrogen. The nausea can be distressing for many women and can lead to worries about a future miscarriage.

Paradoxically, nausea may be an indication of a successful pregnancy. Preliminary studies have found this correlation, but they could not differentiate if the lack of nausea was related only to an early miscarriage or to an overall successful pregnancy.

A 2016 study in JAMA Internal Medicine looked at women between the ages of 18 and 40 who had a history of one or two miscarriages and who were trying to conceive. Of those women who were deemed to be pregnant based on a measurement of BHCG, 797 eventually became pregnant. These women kept daily diaries, recording instances of nausea and vomiting from the second week to the eighth week of their pregnancy. If a woman had nausea once, she was considered to have nausea in the pregnancy.

In week two of their pregnancy, only 20 percent of the women reported nausea, but by week eight of their pregnancy, nearly 85 percent of women had reported nausea. After the eighth week of the pregnancy, nausea was measured at monthly intervals. Also, to confirm a viable pregnancy, the women underwent an ultrasound at week six or week seven.

Investigators found that women who experienced nausea at some point during their pregnancy had a 50 percent reduction in the risk of a miscarriage. Those women who were afflicted with both nausea and vomiting at some point in their pregnancy had a 75 percent decrease in the chance of having a miscarriage. Moreover, based on the week-six and week-seven ultrasounds, the lack of nausea in the women who miscarried was not related to a lack of a viable pregnancy.

The authors proposed that nausea during pregnancy may have a protective effect by alerting a woman about her condition so as to alter her diet and avoid toxic substances, which could increase nausea or harm a pregnancy. I'm not so sure about this, but it is a possibility.

In regards to this study, I can understand the worry about your lack of nausea as you enter the second trimester of your pregnancy. But when you look further at the study, you find that nearly 94 percent of miscarriages happened in the first trimester of the pregnancy. So as you enter the second trimester, there is significantly less likelihood that you will have a miscarriage. Also, this study focused on women who had previously had a miscarriage, so its findings may be less applicable to you.

In summary, I wouldn't be concerned about your lack of nausea. But please do schedule follow-ups with your obstetrician for your regular prenatal care.

Robert Ashley, M.D., is an internist and assistant professor of medicine at the University of California, Los Angeles.

Send your questions to askthedoctrors@mednet.ucla.edu, or write: Ask the Doctors, c/o Media Relations, UCLA Health, 924 Westwood Blvd., Suite 350, Los Angeles, CA, 90095.

PEOPLE'S PHARMACY PRESCRIPTIONS AND HOME REMEDIES

No hokum: Meat allergy can be life-threatening

By Joe Graedon and Teresa Graedon

Q: I have alpha-gal allergy, which has put me in the emergency room on several occasions. The last time, my blood pressure was dropping rapidly, and the ER staff administered an EpiPen. It was a jolt, but it brought me back.

My primary-care physician thinks this is all a bunch of hokum:

A: Some doctors have been skeptical about alpha-gal allergy because it is unlike typical food allergies. A bite from a lone star tick (Amblyomma americanum) sensitizes the individual to a compound found in meat known as alpha gal.

Someone who develops this allergy can experience a life-threatening reaction hours after eating beef, pork, lamb, venison, bison or any other mammalian meat.

Symptoms may include hives, itching, digestive distress (nausea, indigestion, diarrhea), difficulty breathing and low blood pressure. This medical emergency requires immediate care.

The only way to prevent such a reaction is to scrupulously avoid meat. This condition is not "hokum."

Q: I was prescribed Victoza for diabetes. At first, I had stomach cramps and frequent trips to the bathroom. After I got used to it, they subsided.

A few months later, I developed pancreatitis. I had pain in my stomach that wrapped around to my back. The pain did not go away until about three days after I stopped the Victoza.

Q: My 19-year-old son had intractable seizures starting at age 12. At age 17, he was up to nine seizures a day despite taking three different meds (29 pills a day). The side effects were awful; he got so skinny that the doctors considered inserting a feeding tube.

Two years ago, I started him on cannabidiol oil. In California, you go to a special doctor who asks lots of questions to decide if you'd benefit from it. You get a special card for a dispensary.

We had to experiment to see how much he needed. We were able to gradually decrease his pills.

His neurologist was horrified at the idea two years ago, but he has watched in amazement as my son reduced his medication without a single seizure. Cannabidiol oil has made a world of difference in my son's life:

A: Many states have approved the medical use of marijuana compounds. Cannabidiol oil does not cause the high associated with marijuana. Research is beginning to show benefit for some people with hard-to-treat epilepsy (Pharmacological Research, May 2016).

In their column, Joe and Teresa Graedon answer letters from readers. Send questions to them via www.peoplespharmacy.com.
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Play More Golf
✔ Go Back to College
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Lived-in look, minus clutter, comes home

Embracing comfort and chic provides happy medium in latest decor trend

By Sacha Strebe

While we're told time and time again to keep our homes clean and free of clutter, our busy lives often get in the way. But there is a happy medium: a home that embraces both comfort and chic. Think of this new trend as the lived-in look. It's the interior equivalent of French-girl style: cool and completely carefree. It's impeccably styled yet appears like you never lifted a finger.

A lived-in home should have a minimal foundation of classic decor with a pared-down color palette, unusual silhouettes and plenty of statement accessories. The trick is not to fuss over it too much. After all, a home is meant to be lived in. Here are some of the key elements necessary to recreate a cozy-yet-chic aesthetic at home.

Imperfect perfect: the high-low mix

If you really want to achieve that perfectly imperfect vibe, you have to master the high-low mix. It's similar to the high-street designer fusion we love in fashion, except this time you're dressing up a room with a combination of luxe and low-cost furniture and decor.

Embrace the messy bed trend

If there's one trend that will inspire you to sleep in, it's the messy bed trend. Don't be fooled by a boudoir's undone, nonchalant appearance. Just like perfectly tousled bed head, it actually takes a lot of work to achieve this carefree vibe. Despite science backing the bed-makers, waking up on the creative side of the bed can feel so good. The key to perfecting this effortless look is investing in quality linen sheets. The stone-washing process leaves them with a soft wrinkled appearance that's totally luxe and lovely.

Mismatch your dining chairs

Achieving that lived-in aesthetic means ditching fuss over for informal. Think about contrasting styles and eras. One way to do this is by mismatching your chairs. Love an Eames lounge? Have a thing for Hans Wegner? Just can't walk past a Cassina? Then this is the look for you. Be sure to introduce some unique vintage pieces for added texture and visual interest. Layer various chair styles together, from wooden versions to metal bar stools. The secret's in the material mix.

Display personal mementos

Personal pieces are the salt and pepper of a space; just ask interior designer Kishani Perera. The Los Angeles-based expert (who has Molly Sims and Rachel Bilson on speed dial) has perfected the lived-in look. Her secret? Embrace personal mementos. "Oftentimes, people are fearful of cluttering their spaces with knickknacks and shy away from including personal trinkets in their designs, but these are the very things that truly make a space your own," she said. "Pepper them liberally throughout your home for instant character and fun."

Layer, layer, layer

The key to transforming any space from stark to cozy is all in the layering. This curation of materials, surfaces and fabrics creates a charming and warm atmosphere, even if it's devoid of color. Just take fashion designer Erin Fetherston's all-white LA abode. Despite the tonal palette, the layering of patterned cushions with the hand-knotted rug creates a soft, homely vibe. Play around, fuse different pieces and weave modern with classic decor for a look that's uniquely yours and ultimately relaxing.

Add retro appliances

There's something about the age-old appeal of retro appliances that brings a distinctly lived-in flavor. They become the star of the show without even trying. If you want to make a smaller statement, sprinkle accents of timeworn heroes like a KitchenAid mixer or a retro wall clock.
DREAM HOME

At press time, this home was still for sale.

Waterfront St. Charles home: $1.5 million

ADDRESS: 39W665 Oak Shadows Lane in St. Charles
ASKING PRICE: $1,450,000
Listed on Oct. 14, 2016
Private waterfront oasis featuring sweeping views of Oak Shadows Lake and a quiet lane in St. Charles. This home highlights a spacious main floor master, paneled library and gourmet kitchen with custom Alder cabinetry and top-of-the-line appliances. Features include five fireplaces, hardwood floors and extensive, intricate millwork throughout. Designed for entertaining, this home also features a walk-out lower level with 12-foot ceilings, a theater, wine cellar, huge bar and indoor hot tub.
Agent: Debora McKay of Coldwell Banker Residential Brokerage's St. Charles office, 630-587-4672

At press time, this home was still for sale.

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Publishes on February 9, 2017
Space deadline is January 23, 2017

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FAMILY FRIENDLY

Magic, fun and more with Randy at the Niles library

BY MYRNA PETLICKI
Pioneer Press

There's more than tricks to Magic by Randy. For nearly 30 years, magician Randy Bernstein has infused his family magic shows with laughter and positive messages. Your family can catch him during a Second Sunday program at Niles Public Library, 6960 Oakton St., 2-3 p.m. Jan. 8.

Bernstein, who was selected as Best Children's Magician of the North Shore by Make It Better magazine in 2011, hopes that his "uplifting presentation will captivate the children's attention and spark their imagination," he said. "Kids will also have a chance to learn some magic."

Bernstein has performed over 10,000 shows for a variety of audiences at corporate events, on cruise ships, at Chicago Bulls games and for audiences at schools, libraries, churches and other venues. He enjoys performing for family audiences because, "parents have just as much fun as the kids," Bernstein said.

Pick up tickets starting at 1:30 p.m. on performance day in KidSpace. For details, call 847-663-1234 or go to www.nileslibrary.org.

Testing, one, two, three

Experiments, projects and play will lead to scientific discoveries at Science Night, 6-7 p.m. Jan. 18 at Wildwood Nature Center, 529 Forestview Ave., Park Ridge. The cost is $12 per family. Registration is required. For details, call 847-692-3570 or go to www.prparks.org.

Defrost duty

Anna must undo a curse put on their town by her sister Elsa that caused eternal winter in "Frozen." Fortunately, she has the help of a mountain man, his playful reindeer and a snowman. Families are invited to sing-along to the PG-rated 2013 Winter Break Movie, 2-3:49 p.m. Jan. 6 at Morton Grove Public Library, 6140 Lincoln Ave. For details, call 847-965-4220 or go to www.mgppl.org.

Puppy love

Everybody's favorite brightly-colored dog is the subject of a special storytime, 11 a.m. Jan. 7 at Barnes and Noble, 55 Old Orchard Center, Skokie. Kids will hear "Clifford's Good Deeds" and "Clifford the Big Red Dog" by author Norman Bridwell. Afterward, they will participate in related activities and color.

For details, call 847-676-2230 or go to www.barnesandnoble.com.

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Publishes on March 2, 2017
Space deadline: February 10, 2017
The Morton Grove Chamber of Commerce capped off a year-long 90th anniversary celebration by inviting 150 members and neighboring community leaders to a holiday bash at the Morton Grove Civic Center Dec. 7.

Guests from Niles Township, which encompasses Morton Grove, Skokie, Lincolnwood, Golf, Niles and a portion of Glenview; as well as numerous diplomatic consuls representative of Morton Grove's diverse population, were on-hand to help celebrate the jubilee.

Cause celebre: "We've invited consuls from a lot of the countries that have helped develop Morton Grove," explained Mark Matz of Chicago, chief staff officer Morton Grove Chamber of Commerce and president/director Morton Grove Historical Society.

In the 1830s, English and German settlers were the first to move into what had been Potawatomi Indian territory. "Some members of families who first founded this village after the French traders from the early 1800s -- from German, Luxembourg and English communities -- are still in town to this day," said Matz.

Then in 1870s, Levi Parsons Morton, U.S. vice president under Benjamin Harrison and ambassador to France, built the railroad through the village and, in return, the village became known as Morton Grove.

So what people may think is a sleepy community, actually, "Has a lot of history," said Matz, adding that it is precisely Morton Grove's diversity that gives the community its strength. "Currently, (the village) is about 35 percent of ethnic Asian origins, (with) not only Filipino but also Indian, Pakistani and Korean communities."

Ericka Anna T. Abad of Chicago, consul at Consulate General of the Philippines in Chicago and Mark Matz, chief staff officer Morton Grove Chamber of Commerce and president/director Morton Grove Historical Society.

Grove's diversity that gives the community its strength. "Currently, (the village) is about 35 percent of ethnic Asian origins, (with) not only Filipino but also Indian, Pakistani and Korean communities."

Bottom Line: Funds raised at the party will help support work of the Niles and Maine Township food pantries. More at www.mgccl.org
LAKE ZURICH

Four-bedroom, two-and-a-half-bathroom home is on cul-de-sac and was built in 1976. Features include gazebo, hardwood floors, breakfast bar, family room with fireplace, new carpet and formal dining room. Master suite has walk-in closet and private bath. Finished basement includes bonus room, possibly for office space. Rec area has surround sound and second fireplace.

Address: 865 Silverwood Court
Price: $394,900
Schools: Lake Zurich High School
Taxes: $8,175.66
Agent: Christine Lee, RE/MAX Showcase

MOUNT PROSPECT

Three-bedroom, two-bathroom brick ranch built in 1967. New flooring, fresh paint and open kitchen with breakfast bar. Family room has addition. Updated bathrooms have granite tile. Newer windows, new roof, furnace/AC was new three years, plus newer washer/dryer. Full basement has storage area and work room. Back yard is fenced. There is a two-car attached garage.

Address: 1712 W. Magnolia Lane
Price: $319,000
Schools: Rolling Meadows High School
Taxes: $2,950.42
Agent: Cynthia Windeler, Keller Williams - Keller Williams Realty Premiere

VERNON HILLS

Three-bedroom, one-and-a-half-bathroom tri-level home was built in 1977. New roof, gutters, bamboo floor. Kitchen has new cabinets, granite counters and sliders to deck. Updated bathrooms, newer furnace, oak six-panel doors. Bedrooms have closet organizers and ceiling fans. Lower level has laundry room, access to garage, family room with fireplace.

Address: 128 Midway Lane
Price: $309,900
Schools: Adlai E Stevenson High
Taxes: $6,687
Agent: Robert Wallen, Century 21 Associated

HIGHLAND PARK

Four-bedroom house has three full and two half bathrooms. Home has a stucco exterior and was built on cul-de-sac in 2017. Renovated inside-out. Hardwood floors, chef's kitchen with granite tops and new appliances, angular walls and floating dining room. Open floor plan with 24-foot ceiling. New bathrooms have heated floors and sound system. Two-car attached garage. Near lakefront.

Address: 870 Woodbine Road
Price: $779,000
Schools: Highland Park High School
Taxes: $16,954.41
Agent: Dolly Tsimin, Unique Realty LLC

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**HOME REMEDIES**

**Take a few precautions to ward off colds and flu**

**By Stephanie Figy**

Angie's List

In the midst of cold and flu season, you're often greeted with sniffles and sneezes everywhere you go. Washing your hands and stocking up on orange juice are great starting points, but there's more you can do at home to decrease your chances of falling ill. Take these steps to keep yourself and your family in good health.

**Disinfect!**

Think about what you touch every day and spray those spots with disinfectant. This includes doorknobs and faucet handles. Carefully wipe remote controls and light switches with a disinfectant wipe.

**Sanitize products**

Ideally, cleaning your home helps to kill germs, but there's more you can do. If you're using dirty supplies, opt for disposable mop pads, or for a greener solution, sanitizing mop heads at very high temperatures can help. Wash your dishcloths regularly. University of Florida researchers found that microwaving a wet sponge for two minutes kills or inactivates 99 percent of living pathogens in the sponge.

**Wash bedding**

Wash your pillowcases and sheets in hot water once a week, and use your hottest dryer setting. Be sure to wash your hands after dealing with soiled linens. Wash any blankets and furniture covers as well.

**Humidify home**

Humidifiers help alleviate dry nasal passages for easier breathing. However, they can breed bacteria. Clean humidifiers regularly or consider natural humidifying techniques.

### COMMUNITY REAL ESTATE TRANSFERS

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<th>SELLER</th>
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<td>Jean Gestoso</td>
<td>Nancy M Sharkey Estate</td>
<td>12-06-16</td>
<td>$277,000</td>
</tr>
<tr>
<td>2551 E Hunter Dr, Arlington Heights</td>
<td>Nancy J Braun</td>
<td>Michelle L Hoos</td>
<td>11-29-16</td>
<td>$236,000</td>
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<tr>
<td>1518 W Thomas St, Arlington Heights</td>
<td>Voula Bebis</td>
<td>David W Fiedler</td>
<td>12-08-16</td>
<td>$275,000</td>
</tr>
<tr>
<td>2155 Reuter Dr, Arlington Heights</td>
<td>Zachary Hajduk &amp; Teresa Hajduk</td>
<td>Douglas S Girigori</td>
<td>11-29-16</td>
<td>$275,000</td>
</tr>
<tr>
<td>622 S Mitchell Ave, Arlington Heights</td>
<td>Sooki Park &amp; Eric D Swanson</td>
<td>Mark B Benz</td>
<td>12-05-16</td>
<td>$287,000</td>
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<tr>
<td>334 S Prindle Ave, Arlington Heights</td>
<td>Terri Ann Rorer</td>
<td>Karin A Schroeder Macove</td>
<td>11-29-16</td>
<td>$295,000</td>
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<tr>
<td>245 W Maude Ave, Arlington Heights</td>
<td>Michael F McQuade &amp; Erika R McQuade</td>
<td>Laurence M Rapp</td>
<td>12-06-16</td>
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<tr>
<td>1522 E Arbor Ln, Arlington Heights</td>
<td>Michael O &amp; Mele Zheng</td>
<td>Rsd Arbor Lane Llc</td>
<td>12-08-16</td>
<td>$375,000</td>
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<td>402 N Yale Ave, Arlington Heights</td>
<td>James R Latal &amp; Tara A Koeze</td>
<td>Joshua A Dunington</td>
<td>12-05-16</td>
<td>$340,000</td>
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<tr>
<td>2610 N Raleigh St, Arlington Heights</td>
<td>Brian Cosgrove &amp; Katherine Cosgrove</td>
<td>Matthew L McBride</td>
<td>12-01-16</td>
<td>$376,000</td>
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<tr>
<td>1919 W Kensington Rd, Arlington Heights</td>
<td>Nicholas A Widmohrt</td>
<td>Michael T Radliz</td>
<td>12-02-16</td>
<td>$373,000</td>
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<tr>
<td>2040 N Stanton Ct, Arlington Heights</td>
<td>Jerry Lin</td>
<td>James Gerardi D Mezera</td>
<td>11-29-16</td>
<td>$430,000</td>
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<tr>
<td>915 E Valley Ln, Arlington Heights</td>
<td>Venkata Twarsakul &amp; Archana Balagani</td>
<td>Leonard Trust</td>
<td>12-06-16</td>
<td>$490,000</td>
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<tr>
<td>106 N Salem Ave, Arlington Heights</td>
<td>Elnia Small</td>
<td>Ayer Properties Llc</td>
<td>12-06-16</td>
<td>$650,000</td>
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<tr>
<td>421 S Beverly Ln, Arlington Heights</td>
<td>Todd Torok &amp; Jill Torok</td>
<td>Devin F Wascher</td>
<td>12-06-16</td>
<td>$1,050,000</td>
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<tr>
<td>999 S Bristol Ln, Arlington Heights</td>
<td>Devin Wascher &amp; Courtney Wascher</td>
<td>John Underwood</td>
<td>12-03-16</td>
<td>$1,550,000</td>
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<tr>
<td>150 Lake Blvd, # 156, Buffalo Grove</td>
<td>Wai K Chan &amp; G K Cheng</td>
<td>Jonathan Freeman</td>
<td>12-01-16</td>
<td>$1,346,500</td>
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<tr>
<td>760 Weidner Rd, # 394, Buffalo Grove</td>
<td>John Cole Lewandowski</td>
<td>Katherine Brown</td>
<td>11-29-16</td>
<td>$154,000</td>
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<tr>
<td>604 Sandlers Cir, Buffalo Grove</td>
<td>Svetlana A Khalyamova</td>
<td>Roman Falshevsky</td>
<td>11-23-16</td>
<td>$350,000</td>
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<tr>
<td>510 Burnt Ember Ln, Buffalo Grove</td>
<td>Olga Katz</td>
<td>Cory Wooden</td>
<td>11-17-16</td>
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<tr>
<td>2498 Waterbury Ln, Buffalo Grove</td>
<td>Sashik Palyam</td>
<td>Paul Kennedy</td>
<td>11-21-16</td>
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<tr>
<td>970 Hobson Dr, Buffalo Grove</td>
<td>Jeong Poo Park &amp; Me Eun Kang</td>
<td>Hui Wang</td>
<td>12-13-16</td>
<td>$462,000</td>
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<tr>
<td>1804 Brandwyne Ln, Buffalo Grove</td>
<td>Wende Hu &amp; Xingon Guo</td>
<td>Irvine Cohen</td>
<td>12-23-16</td>
<td>$500,000</td>
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<tr>
<td>2197 Avalon Dr, Buffalo Grove</td>
<td>Ravi Nallathum and Padmee Peddi</td>
<td>Shu Qiu</td>
<td>11-23-16</td>
<td>$500,000</td>
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<tr>
<td>8616 W Western Ave, # 1H, Des Plaines</td>
<td>Thomas C Matthew &amp; Aleyama Thomas</td>
<td>George Abraham</td>
<td>12-08-16</td>
<td>$56,000</td>
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<tr>
<td>8802 Briar Ct, #1G, Des Plaines</td>
<td>Arvind Shah &amp; Kalpana Shah</td>
<td>Ror Jalalwai</td>
<td>12-08-16</td>
<td>$58,500</td>
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<tr>
<td>8804 Golf Rd, # 2E, Des Plaines</td>
<td>Jorm Sock Park Lee</td>
<td>Alan Sandhu</td>
<td>12-08-16</td>
<td>$67,000</td>
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<tr>
<td>105 Dover Dr, # 17, Des Plaines</td>
<td>Vaikuntam Patel &amp; Ramabvan Patel</td>
<td>Waldemar Mykst</td>
<td>12-06-16</td>
<td>$72,500</td>
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<tr>
<td>960 S River Rd, # 505, Des Plaines</td>
<td>Maria Letavoy &amp; Michelle Racliffe</td>
<td>Kyung Soon Yoo</td>
<td>12-08-16</td>
<td>$73,000</td>
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<td>4240 Bay Colony Dr, # 1W, Des Plaines</td>
<td>Pritesh Patel &amp; Nilani Patel</td>
<td>Jca Fund 11 Llc</td>
<td>12-26-16</td>
<td>$104,000</td>
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<td>1645 Farwell Ave, Des Plaines</td>
<td>Norma E Cortez &amp; Jesus Espinoza Colon</td>
<td>Us Bank Na Trustee</td>
<td>12-06-16</td>
<td>$122,000</td>
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<tr>
<td>920 Beau Dr, # 209, Des Plaines</td>
<td>Jayrambath Patel &amp; Menaben Patel</td>
<td>William A Recchia</td>
<td>11-30-16</td>
<td>$132,000</td>
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<td>1361 Howard Ave, Des Plaines</td>
<td>Yovel S Markus</td>
<td>Rosalyne Vergas</td>
<td>12-02-16</td>
<td>$150,000</td>
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<tr>
<td>370 S Western Ave, # 202, Des Plaines</td>
<td>Amy Jordan</td>
<td>Timothy C Kelpsh</td>
<td>12-08-16</td>
<td>$160,000</td>
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<td>1703 Prospect Ave, Des Plaines</td>
<td>Vincie Hervoneau</td>
<td>Fannie Mae</td>
<td>12-29-16</td>
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<td>160 E Thacker St, # 602, Des Plaines</td>
<td>Lisa C Pelinek</td>
<td>David G Meaney</td>
<td>12-11-16</td>
<td>$171,500</td>
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<tr>
<td>8842 Deer Dr, # 2C, Des Plaines</td>
<td>Jalen K Soni</td>
<td>Samuel Huicocho</td>
<td>12-02-16</td>
<td>$185,000</td>
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<tr>
<td>1690 Henry Ave, Des Plaines</td>
<td>Cruz Ramos</td>
<td>Mja Management Llc</td>
<td>12-06-16</td>
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<tr>
<td>650 S River Rd, # 602, Des Plaines</td>
<td>Rosana Kulmas</td>
<td>Glowicki Trust</td>
<td>12-08-16</td>
<td>$200,000</td>
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<tr>
<td>411 S Lyman Ave, Des Plaines</td>
<td>Scott Klipp &amp; Tracy Vann</td>
<td>Rodman Granz</td>
<td>12-06-16</td>
<td>$205,000</td>
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<tr>
<td>1046 E Villa Dr, Des Plaines</td>
<td>Slavica Jasnik &amp; Aleksandar Jasnik</td>
<td>Jerry R(lonzo</td>
<td>12-08-16</td>
<td>$208,000</td>
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<tr>
<td>770 Pearson St, # 401, Des Plaines</td>
<td>Muntaser Qulub</td>
<td>Patrick B Colton</td>
<td>11-29-16</td>
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Recliner revamp: Modern versions are sleeker, stylish

BY MEGAN BUERGER
The Washington Post

Say goodbye to the dad chair. Today's recliners are slimmer, smarter and more stylish than ever. Even La-Z-Boy, the 90-year-old brand whose name is synonymous with classic recliners, has updated its product line over the years. In 2010, the company hired Brooke Shields as its celebrity spokeswoman to target women ages 35 to 54 and to distance itself from a decadeslong association with grandpas, couch potatoes and frat boys who love the lever-lifting footrests and roly-poly cushions.

"I call it Bubba," Faith Phillips, the company's vice president of retail store experience, said of the iconic chair. "We love Bubba, and we won't stop making Bubba, but we wanted to offer more."

The commercials have been successful: A La-Z-Boy spokeswoman said the company saw three years of double-digit same-store sales growth coinciding with its launch. So last year, the company developed a new retail strategy that puts boutique-style showrooms in cities. About one-third of the company's standard stores, the boutiques feature La-Z-Boy's Urban Attitudes collection, which offers contemporary pieces in small footprints, and design consultations. The first showroom opened about a year ago in Washington's Logan Circle neighborhood.

"The idea is to make these stores reflect their communities," Phillips said. "We're considering adding more in other parts of the country, but it has to be the right fit."

Kelly Taylor, an interior designer in Providence, R.I., said the generational divide about recliners is about size — and style.

"Clients who ask for recliners are usually older folks who want a place to kick back and have the space to accommodate a big chair and a big ottoman," she said. "Younger people in their 30s and 40s are all about small spaces, less stuff, cleaner decor. They're cool with the single ottoman."

They also may not have the "sentimental attachment" to recliners that their parents do, she said, which means brands can't count on that as a draw. But that's perhaps where the strategy behind La-Z-Boy's new showrooms comes into play. By opening up shop in trendy neighborhoods, the company lets customers see firsthand how much recliners have evolved. The Midtown low-profile recliner (from $1,199, www.lazboy.com) is impressively narrow at 30 inches wide.

For a more on-trend design, consider the company's Dalton recliner ($1,699-$2,999), which sits on wooden legs (or aluminum, if you prefer) and has a midcentury modern look, or Crate & Barrel's Torino velvet recliner ($1,499, www.crateandbarrel.com).

Most recliners need at least a foot between the chair and the wall to allow adequate space to recline, but that's changing too. In September, West Elm debuted its first power recliner, the Henry ($999, www.westelm.com), which glides the seat forward into a horizontal position and lowers the back without significantly changing the chair back's original position.

To keep up with such technical advances, companies are developing battery packs to allow you to float a power recliner in the middle of a room without cords. Needless to say, most modern recliners ditched the lever a long time ago.

"So long as it doesn't scream recliner, I like them," Taylor said. "It's hard to argue with wanting to put your feet up."
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Chicago Tribune

chicagotribune.com/suburbs
COMMUNITY CALENDAR

Listings are subject to change. Please call the venue in advance.

Thursday, Jan 5

Happy hour at Famous Dave's: Enjoy $3 BBQ tacos, onion strings and sweet and spicy bacon, 4$ BBQ nachos, chili cheese fries and rib tips, $5 Buffalo wings and wings and various drink specials, such as half-price draft beer on Tuesday, half-price wine bottles on Wednesday and craft beer pints for $5 on Friday. Food specials are 3-6 p.m. and 8 p.m. to close Monday–Friday and all day Sunday. 11 a.m. All week. Famous Dave’s, 1631 W. Lake St., Addison, Prices vary, 630-261-0100

New Escape Room in Des Plaines: Escape Rooms are real life immersive games in which your team has 60 minutes to complete a mission and escape. This is not a haunted house and there are no actors. It is up to you and your team to find all the clues, complete the challenges and solve all the puzzles within one hour. Will your team complete the mission and save millions of lives? 11 a.m. All week. Escape Brigade Escape Room, Suite 12, 2720 S. River Road, Des Plaines, $28, 847-553-4582

Photos wanted for art project in Des Plaines: The public is invited to participate in a community photo project in Des Plaines called On the Street Where You Live, Work, and Play. Submit photos of your house, favorite building, or other interesting structure located in Des Plaines. Community members can upload as many as three photos to desplainsememory.org. Once uploaded, the photos are posted online. Photos can also be scanned at the History Center if needed. 10 a.m. All week, Des Plaines History Center, 781 Pearson St., Des Plaines, free, 847-391-5399

LYFE Happy Hour: Unwind after work with $4 draft beers, $5 signature flat-breads and $6 Pinot Grigio and Malbec during happy hour. Features drafts include Allagash White, Two Brothers Gluten-Free Prairie Path and Dark Horse Crooked Tree IPA, 4 p.m. Every day except the weekends, LYFE Kitchen, 1603 Orrington Ave., Evanston, Prices vary, 847-563-8242

Society Artwork in Residence Program: The Evanston Art Center launches an inaugural artwork-in-residence program, inviting six artists to move in to the second floor of the center’s project space for 4-week residencies. From June 2016 to March 2017, the Art Center proudly hosts artists: Adriana Kuri Alamillo, Judith Brotman, Joseph Cruz, David Giordano, Kirsten Leonards and Pedro Valez. Each of the artists chosen by curator Jessica Cochran address the residency theme Society during their stay. 9 a.m. All week. Evanston Art Center, 1717 Central St., Evanston, free, 847-475-5300

Contemporary Native Women Opening Doors to Change: Join the Mitchell Museum for the opening of its latest exhibit, Contemporary Native Women Opening Doors to Change. Welcoming reception at 1 p.m., curator led tour at 2 p.m. and a panel discussion from 3-4:30 p.m. 1 p.m. All week, Mitchell Museum of the American Indian, 3001 Central St., Evanston, $3 kids, $5 adults and Tribal members free, 847-475-1030

Connecting Cultures: 40 Years at the Mitchell Museum: The latest exhibit unveiled is Connecting Cultures: 40 Years at the Mitchell Museum. The exhibit celebrates four decades of thought-provoking exhibits, lectures, and performances through photographs and memorabilia. There is also a dazzling display of 45 objects donated by key collectors and Native artists who have presented at the museum. 10 a.m. All week, Mitchell Museum of the American Indian, 3001 Central St., Evanston, $3 children, seniors, $5 adults; Tribal Members Free, 847-475-1030

Native Haute Couture: The year-long exhibit celebrates the history of Native American high fashion from pre-contact to today. It features garments that showcase American Indian artistry and expertise in tanning, weaving, embroidery, beadwork and tailoring. 10 a.m. All week, Mitchell Museum of the American Indian, 3001 Central St., Evanston, free, 847-475-1030

Learn to Fly This Winter: Registration is open for Winter classes at The Actors Gymnasium, a circus and performing arts school. There are classes for kids, teens, and adults, including: parent-tot classes, tumbling, circus arts, parkour, aerial arts, contortion, stage combat, gymnastics and more. The school is located right next to the CTA Noyes stop on the Purple Line, 9:30 a.m. All week, Actors Gymnasium, 927 Noyes St., Evanston, $185-$260, 847-328-2795

Evanston Legend: The Art of Peggy Lipschutz: The City of Evanston sponsors a month long show of the paintings and drawings of Peggy Lipschutz with an Opening Reception between 2-5 p.m. on Oct. 4, with musicians including Rebecca Armstrong, Peggy Brown and Mark Dvorak, Maura Lally and Kristin Lenz, 10 a.m. All week, Noyes Cultural Arts Center, 927 Noyes St., Evanston, free, 773-816-4716

Master Class: Fabric/Rope Drop Analysis: Designed for the intermediate student, this workshop with Charlie Faraday provides an introduction to the study of drops on fabric or rope. Why does it work, how they work, and what can go wrong are studied in detail. 9 a.m. Thursday and Friday, Actors Gymnasium, 927 Noyes St., Evanston, $50, 847-328-2795

The Hunter and the Bear: 7:30 p.m. Thursday and Fridays, 3 p.m. and 7:30 p.m. Saturdays, 2 p.m. and 6 p.m. Sundays, Writers Theatre, 325 Tudor Court, Glencoe, $35-$80, 847-242-6000

Glenview Ice Center Winter Carnival: The times vary, Friday, Dec. 16 through Sunday, Jan. 8 at Glenview Ice Center, for The Winter Carnival which features: daily family public skate sessions, two charity hockey games, hockey/figure skating lessons and much more. Some events are free and several require pre-registration. Pick up a complete schedule after Thanksgiving at the Glenview Ice Center or online at glenviewicecenter.org. For more information, please call 9 a.m. Thursday through Saturday, Glenview Ice Center, 1851 Landwehr Road, Evanston, free, 847-724-5670

Drop-in Lego Day: Stop by and play with the Library’s huge Lego collection in Glenview’s version of Cloud Cuckoo Land, where no idea is a bad idea. Noon All week, Glenview Ice Center, 1851 Landwehr Road, Evanston, free, 847-724-5670

Pemberton Wellness Recovery Brain-Body Training: Pemberton Wellness Recovery/PWR is a Parkinson-specific exercise, scientifically designed to target symptoms of PD. It includes boxing training for endurance, agility and stability. The instructor is Drew Surinsky, an exercise physiologist. 9 a.m. and 10 a.m. Thursdays and Tuesdays, 9 a.m. Fridays and Mondays, Glenview Park Center, 2400 Chestnut Ave., Glenview, $12-$17, 847-502-0630

Winter Art Show Call for Student Submissions: Artwork submissions are being accepted through Jan. 25 for this Winter Art Show in February. All students who participated in a Park Center Visual Arts Class for fall or winter sessions are eligible to submit one of their favorite pieces for the show. The Winter Art Preview night for family and friends is Friday, Feb. 3 from 6-8 p.m. Art will be on display and open to the public throughout February. Noon All week, Glenview Park Center, 2400 Chestnut Ave., Glenview, free, 847-724-5670

Be A Santa To A Senior with Home Instead Senior Care: This season, many area seniors who are alone or impoverished will receive some holiday cheer thanks to the Be A Santa to a Senior program sponsored by Home Instead Senior Care-Northbrook. Choose an ornament, buy the items listed and return them unwrapped by Dec. 23.6 a.m. All week, The Abington of Glenview, 3901 Glenview Road, Glenview, free, 847-418-3300

Wonder Ground Open Lab: Look, touch, tinker, and play with an intriguing array of science-oriented curiosities in this new space designed especially for kids. A drop-in visit is meant to last about 15 minutes. Activities are repeated each week from Tuesday to Thursday. The Wonder Ground is a STEAM playground for kids. 4 p.m. Thursdays and Tuesdays, Niles Public Library, 6900 W. Oakton St., Niles, free, 847-663-1234

Karaoke at A's Karaoke Bar has karaoke every day from 8 p.m. to 4 a.m. 8 p.m. Thursday, A's Karaoke Bar, 8751 N. Milwaukee Ave, Niles, free, 224-534-7158

Book Discussion: This group meets on the first Thursday of each month. 1 p.m. Thursday, Park Ridge Senior Center, 300 S. Western Ave., Park Ridge, free, 847-692-5127

Save a Star Drug Disposal Program: Save a Star Drug Awareness Foundation’s Drug Disposal Program box is in the lobby of the Park Ridge Police Department. Accepted are: prescription medications, (including controlled substances), all over-the-counter and pet medications, vitamins, liquids and creams. Call 847-579-1300 ext. 146. 9 a.m. All week, Park Ridge Police Department, 200 Vine Avenue, Park Ridge, free

Karaoke Thursdays: Enjoy some great pizza and sing a tune or two. 7 p.m. Thursday, Perry’s Pizza and Ribs, 711 Devon Ave., Park Ridge, free, 847-823-4422

Skating in the Park: The parks’ great lawn has been transformed into an NHL-sized, outdoor skating rink where visitors can skate under breathtaking lights for a magical experience this holiday season. Admission to the ice rink is free. Skate rentals are $8.11 a.m. Thursdays and 2 p.m. Sundays, M.B. Financial Park at Rosemont, 5501 Park Place, Rosemont, free, 847-349-5008

Turn to Calendar, Next Page
Friday, Jan. 6

Eddy “The Chief” Clearwater: 8 p.m. Friday, SPACE, 1245 Chicago Ave., Evanston, $20-$34, 847-492-8860

Nia: Holistic dance fitness: With Nia develop flexibility, agility, mobility.

strength, and stability in your body. 11 a.m. Fridays and Mondays, Raydiant Day, 1400 Greenleaf St, Evanston, $11 drop-in, $80 unlimited class pass, 847-869-6477

5Rhythms Dance: Come explore the 5Rhythms Dance - a movement meditation to music. 7:30 p.m. Friday, Foster Dance Studios, 915 Foster St, Evanston, $15; $10 for students and seniors, 847-869-0250

Friday Night Meltdowns: This is a great night out for teens to join in an awesome skate and dance party. A DJ plays today’s hits and disco lighting shines on the ice throughout the night. Call for more information. 8:15 p.m. Friday, Glenview Ice Center, 1851 Landwehr Road, Glenview, $8 per person; $4 for rental skates, 847-724-5670

The Village of Glenview: My, How We’ve Grown: The Village of Glenview was incorporated on June 20, 1899, with a population of 325 adults. Today the Village population exceeds 46,000. How did it change from a farming community to the robust village of today? Join past president and current volunteer librarian Beverly Dawson from the Glenview History Center to learn about the Village’s remarkable growth and development. 1 p.m. Friday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Minecraft Winter Break Challenge (Grades 4-8): Bring all your IRL skills and be ready to work with a team to break some bricks and get (minecraft)! Register at glenviewpl.org/register or call 2 p.m. Friday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Duplicate Bridge: The senior center offers a friendly bridge game every Friday morning. 9 a.m. Friday, Park Ridge Senior Center, 100 S. Western Ave., Park Ridge, free, 847-692-8217

STEAMagination Ages 6-12: We’ll provide the materials: you provide the curiosity in this self-guided exploration of STEAM (Science, Technology, Engineering, Art and Math) concepts. 4 p.m. Friday, Park Ridge Public Library, 20, 847 Prospect Ave, Park Ridge, free, 847-825-3123

Park Ridge Alumnae Panhellenic Club: Join the club for lunch and a Sweet Treats and Tasting cooking demo. For more information contact Julie Cook at jcook318@gmail.com. 12:35 p.m. Friday, Park Ridge Country Club, 636 N. Prospect Ave, Park Ridge, $30 per person, includes lunch, 3-4 p.m.

Outdoor Winter Classic: Join in on hockey game for youth/amateur player. Noon Fridays and Saturdays, MB Financial Park at Rosemont, 5501 Park Place, Rosemont, free, 847-349-5554

Saturday, Jan. 7

Polyglos Toastmasters meeting: Polyglos is the only Toastmasters International Club in the United States that conducts its meetings in German. If you speak German or want to keep it fresh or improve it, visit this club. This is not a language school, but a place where you can speak and listen to German and, above all, have a good time with those at all levels and ages. Go to their website at www.polyglos Toastmasters.org and their meetup at www.meetup.com/Polyglos Toastmasters-German-speaking. Please email andrewweiller.uiuc@gmail.com for the current location, as sometimes they meet at places other than the Des Plaines Library. Our Dec 17 meeting will be at Des Plaines Public Library 1501 Elinwood Ave, Des Plaines, IL 60016. 9-30 a.m. Saturday, Des Plaines Public Library, 1501 Elinwood St, Des Plaines, free, 847-827-5551

Ezra Furman: 8 p.m. Saturday, SPACE, 1245 Chicago Ave., Evanston, $15-$25, 847-492-8860

FUSE: Studio: Drop in with friends to wire LEDs, compose a ringtone, build an amp, mix chemicals to make gel beads, navigate a robot obstacle course and more. For grades six to 12. Midnight Saturday, Evanston Public Library, 1703 Orrington Ave, Evanston, free, 847-448-8600

Overeaters Anonymous: Overeaters Anonymous meets Saturdays. Newcomer meeting on the last Saturday of the month. No dues, fees or weigh-ins. For information, call Hannah. 9 a.m. Saturday, St Matthews Episcopal Church, 2120 Lincoln St, Evanston, free, 773-996-0609

Signature Entertainment Presents: LOL Saturday: Adult Comedy every Saturday night hosted by comedy legends Tony Sculfield and Mark Simmons. National headliners with movie and television credits on stage. Awesome venue with full bar and dinner menu. 9 p.m. Saturday, Chicago's Home of Chicken & Waffles, 2424 W. Dempster St, Evanston, $15 adult advance; $20 at the door, 847-521-6434

Animal Arts and Seasonal Stories: “Animal Arts & Seasonal Stories” are recommended for children ages 5 and up, but there is no age requirement. Activities are offered at varying levels of difficulty and interest to engage the entire family. An adult must accompany participants. 10:30 a.m. Saturdays and Sundays, Mitchell Museum of the American Indian, 3404 Central St, Evanston, $3 kids, $5 adults, 847-475-1030

Prep Test for grades 9 through 12: Professional tutors from College Nannies and Tutors of Glenview guide attendees through a practice ACT test. This is a great way to gain testing experience in a relaxed environment. It takes three hours to complete the test and one hour to review answers. Bring a pencil and a calculator and register at glenviewpl.org/register or by calling Noon Saturday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Restoration Work Day: Help the restoration team remove invasive plants to make way for native prairie grasses. Seasonal activities include cutting, weed removal and seed collection. Bring work gloves if you have them. 9 a.m. Saturday, Kent Fuller Air Station Prairie, The Tyner Center, 2400 Commissary Road, Glenview, free, 847-724-5670

Snowy Science and Arctic Art with Extraordinary Kids: This is for ages 2 to 6 with family to explore snow, winter, and the Arctic while having fun with art and science. This is co-sponsored by The Glen Town Center. Register at theglentowncenter.com. 10:30 a.m. Saturday, The Book Market at Hangar One, 2651 Navy Blvd., Glenview, free, 847-904-7304

Outdoor Winter Classic: Join in on hockey game for youth/amateur player. Noon Saturday, MB Financial Park at Rosemont, 5501 Park Place, Rosemont, free, 847-349-5554

Preserving Survivor Stories: Ask Holocaust Survivor Pinchas Gutter any question you would like, and natural language technology software will respond as if Pinchas were in the room. 10:30 a.m. Saturday, Illinois Holocaust Museum and Education Center, 9603 Woods Drive, Skokie, free, 847-967-4800

Sunday, Jan. 8

Bones Jugs: 8 p.m. Sunday, SPACE, 1245 Chicago Ave., Evanston, $10-$18, 847-492-8860

Music Institute’s Instrument Petting Zoo: There is free admission on this Musical Petting Zoo and Registration Day at Evanston East Campus. Come try out the instruments at their musical petting zoo. Enjoy discounts, Turn to Calendar, Next Page
Calendar, from Previous Page

door prizes, demos and more. 2 p.m.
Sunday, Evanston East Campus, Music
Institute of Chicago, 1490 Chicago Ave,
Evanston, free, 847-905-1500

New Orford String Quartet: The
New Orford String Quartet perform
Claude Debussy's String Quartet in G
Minor, Uriel Vancherie's "Les veuves
(The Widows)" and Ludwig van Beetho
ven's String Quartet No. 12 in E-B
Major. 7:30 p.m. Sunday, Pick-Staiger
Concert Hall, Northwestern University,
50 Arts Circle Drive, Evanston, $10
- $30, 847-467-4000

Do Not Submit: A Storytelling Open
Mic: Second Sundays of the Month.
Local event that is pressure free night
for storytellers from zero to decades of
experience to connect, share stories,
and hone their craft. 5:30 p.m. Sunday,
The Celtic Knot Public House, 626
Church St., Evanston, free, 847-864-1679

John Williams' Sunday music ses-
sion: 3 p.m. Sunday, The Celtic Knot
Public House, 626 Church St., Evanston,
free, 847-864-1679

In Good Spirits Chicago's Graceland
Cemetery: This is the place for Chi-
cago's Gilded Age movers and shakers
to spend eternity. Landscape historian
Barbara Geiger explains how this spe-
cial burial ground came to be, how it
relates to the city's history, and how the
story of its founding and design un-
folded. Co-sponsored by the Glenview
Gardeners. Please register at glen-
viewpl.org/register or by calling 2.p.m.
Sunday, Glenview Public Library, 1930
Glencoe Road, Glenview, free, 847-729-
7500

Benefit Hockey Game for the Hor-
nets Youth SLED Teams: All door
donations and raffle items proceeds are
given to the Hornets to allow them
to pay all costs associated with playing
hockey for their members. A wonderful
volume that supports the courageous and
excellent athletes of the Hornets. 5:30
p.m. Saturday, Skokie Ice Arena, 9340
Weber Park Place, Skokie, Donations
accepted for admission, 847-674-3500

Monday, Jan. 9

A Tribute to Barrelhousc Chuck:
7:30 p.m. Monday, SPACE, 1245 Chicago
Ave, Evanston, $20-25, 847-492-8860

Book Babies: Songs, games, storytime
and free play for babies ages 2 and
younger with a caregiver. 10:15 a.m.
Monday, Evanston Public Library
- North Branch, 2026 Central St., Evan-
ston, free, 847-448-8600

Live Bluegrass, Roots and Folk:
Every Monday in the pub, The Mud-
flaps perform. 8 p.m. Monday, The
Celtic Knot Public House, 626 Church
St., Evanston, free, 847-864-1679

Knitting Roundtable for Adults:
Ronnie Rand, an expert knitter, shows
attendees how to knit or how to solve
knitting challenges. Bring one's current
project(s) and needles. 2 p.m. Monday,
Morton Grove Public Library, 6140
Lincoln Ave., Morton Grove, free, 847-
965-4220

MGPL Kids: Monday Morning Play-
group: Drop-in play time for pre-
schoolers with a parent or caregiver
to introduce young children to the library
in a low-key, unstructured session. Call
847-929-5102 or go to www.mgpl.
org for more information. 10:30 a.m.
Monday, Morton Grove Public Library, 6140
Lincoln Ave., Morton Grove, free, 847-
965-4220

Minecraft Monday: Students in grades
3-5 are welcome to register to try their
hand at Minecraft, crocheting or other
yarn crafts. 4 p.m. Monday, Morton
Grove Public Library, 6140 Lincoln Ave.,
Morton Grove, free, 847-965-4220

Baby Signs for birth to age 3: Pre-
readers learn sign language with their
families through new vocabulary, songs,
and play activities. This is led by Jamie
Stevens, ASL interpreter and certified
Baby Sign instructor. Tickets are given
out 20 minutes prior to Storytime Ses-
tion, and preference is given to Glen-
view Library cardholders. 10:30 a.m.
Tuesday, Glenview Public Library, 1930
Glencoe Road, Glenview, free, 847-729-
7500

"Hunt for the Wilderpeople": This is
a Tuesday Night at the Movies gem
about the adventures of a family who are
7 p.m. Tuesday, Glenview Public
Library, 1930 Glencoe Road, Glenview,
free, 847-729-7500

Beginning Square Dance Classes:
Have fun and learn to square dance;
beginner lessons are for people who
dance on the second Tuesday of each
month to discuss some of the best books
in the English language. For more in-
formation on joining, call 847-673-7774

Wednesday, Jan. 10

David Bowie and Elvis Birthday
Tribute: 7:30 p.m. Wednesday,
SPACE, 1245 Chicago Ave, Evanston,
$12-$22, 847-492-8860

Live Music Wednesdays with the
Josh Rezeka Trio: Hear the music of
Dizzy Gillespie, Charlie Parker, The-
lonious Monk and other classics of the
era played by the Josh Rezeka Bebop
trio. Reservations can be made online or
calling: 6:30 p.m. Wednesday, Found
Kitchen & Social House, 1631 Chicago
Ave, Evanston, free, 847-497-1950

NHS Parents Board: This is an op-
portunity for parents to discuss
what's happening in the school.
8 p.m. Wednesday, The Celtic Knot
Public House, 626 Church St., Evanston,
free, 847-864-1679

New Hours and Programs: The mu-
seum is doubling the hours it is open to
Turn to Calendar, Next Page
Calendar, from Previous Page

the public, including Thursday evenings and first and third Saturdays. New pro-
gramming for students and collectors, access to research library and collection,
a blog and special exhibits are in the making. 10 a.m. Wednesday, American Toby Jug Museum, 910 Chicago Ave., Evanston, free, 877-862-9687

Preschool & Childcare Fair: Snow Date: Thursday, Jan. 12, from 6-7:30 p.m. Just drop in to explore local childcare options with directors, teachers, and providers, who will share literature and answer questions. 6 p.m. Wednesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Storing and Sharing Your Digital Photographs: Learn to store, manage, and share your digital pictures online with Google Photos in this demonstration-only class. A Glenview Library card is required. Please register at glenviewpl.org/register or by calling. 2 p.m. Wednesday, Glenview Public Library, 1930 Glenview Road, Glenview, free, 847-729-7500

Knitting Circle: If you want to learn to knit or are working on a knitting or crochet project, come drop-in. Share tips, show off your work and converse with fellow needle arts enthusiasts. 11 a.m. Wednesday, Lincolnwood Public Library, 4000 W. Pratt Ave., Lincolnwood, free, 847-677-5277

Chess Club: Whether you're a skilled player looking for a challenge or a beginner interested in learning new skills, all are welcome at this new, weekly Chess Club. Chess sets and clocks provided. No registration is required. 7 p.m. Wednesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Two-year-old Storytime with Caregiver: Children ages 2 and 3 are welcome to enjoy this free storytime. 10:30 a.m. Wednesday, Northbrook Public Library, 1201 Cedar Lane, Northbrook, free, 847-272-6224

Free Film: "9 to 5": The movie stars Jane Fonda, Lily Tomlin, Dolly Parton and Dabney Colman. Part of the Library's Classics on Wednesdays Film Series. 1 p.m. Wednesday, Northbrook Public Library, 20 S. Prospect Ave, Park Ridge, free, 847-825-3123

Knitting Studio and Workshop: Each Wednesday afternoon, Certified Knitting Instructor Mary Staackmann provides personalized instruction, answers any questions about knitting, and perhaps gets you started on a new project. Bring your supplies or project in progress. Brush up on your skills, learn new techniques, or just spend an afternoon knitting with others. 1:30 p.m. Wednesday, North Shore Senior Center, 161 Northfield Road, Northfield, free, 847-784-6060

Park Ridge Fly Tying Club Meetings: Chicago Fly Fishers Club meet at 7 p.m. Wednesdays, from October through May. An experienced demonstrator does demonstrations of fly tying, with members tying the same pattern using tools and materials provided by the club. 7 p.m. Wednesday, Park Ridge Community Church, 100 S. Courtland Ave., Park Ridge, free, 847-823-3164

Pajama Storytime All Ages: Wear your PJ's and bring your favorite stuffed friend for a cozy bedtime storytime. 7 p.m. Wednesday, Park Ridge Public Library, 20 S. Prospect Ave, Park Ridge, free, 847-825-3123

Evaluate Your Wasteline: The presentation and luncheon speaker is Mary S. Allen, the Recycling and Education Director for the Solid Waste Agency of Northern Cook County (SWANCC), and co-author of the "RECYCLING WORKS A Toolkit for Reducing Waste in the Workplace." 11:30 a.m. Wednesday, Park Ridge Chamber of Commerce, 720 Garden St., Park Ridge, $20 members; $25 prospective members, 847-825-3121

Senior High Youth Group: For all youth grades 9 to 12 to enjoy fun and friendship while engaging in meaningful discussions and service learning opportunities. 6:45 p.m. Wednesday, First Congregational Church of Wilmette, 1125 Wilmette Ave., Wilmette, free, 847-251-6660

Wednesday Night Church Activities: Their Wednesday night all-church family nights begin with dinner at 5:45 p.m., followed by singing and skits for all ages together. Dinner cost is $5 per adult, $3.50 for children 5-12, under five are free. A family pays a maximum of $12. 5:45 p.m. Wednesday, Winnetka Covenant Church, 1200 Hibbard Road, Wilmette, 847-446-4300

Have an event to submit? Go to chicagotribune.com/calendar

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"Rogue One: A Star Wars Story" ★★★
PG-13, 2:13, action/adventure
"Rogue One," the tale of a controversial Death Star and those who loathe it, operates as a prequel to the 1977 movie that became a flexible, malleable religion (with ray guns!) to millions. The new movie is a little bit "Guardians of the Galaxy," a little bit "Dirty Dozen" in its mass wartime slaughter and a pretty good time once it gets going. "Rogue One" takes its name from the U-shaped spaceship whisking Alliance fighters to the tropical planet Scarif for the big showdown against Empire forces. The movie's pretty violent. Deliberately, director Gareth Edwards' effort is rough around the edges, hectic in its cross-cutting but increasingly effective as kinetic cinema. — Michael Phillips

"Sing" ★★★½
PG, 1:48, animated
Talking, dancing, singing creatures great and small mash up with the wildly popular phenomenon of singing competition reality shows. The result, "Sing," is an amusing riff on genres, a "Zootopia Idol." But while the film takes its introductory cues from shows like "American Idol," "The Voice" and "X Factor," with an all-too-brief audition montage that is jam-packed with truly wonderful moments (Twerking bunnies!), it transforms into an old-school backstage musical that celebrates the magic of putting on a show. Matthew McConaughey, John C. Reilly, Nick Kroll, Reese Witherspoon, Scarlett Johansson, Seth MacFarlane are among the celebrity voices belting their hearts out. — Katie Walsh

"Why Him?" ★★
R, 1:51, comedy
Every generation gets the "Guess Who's Coming to Dinner?" that speaks most trenchantly to the evolving cultural issues of our time. In "Why Him?" the young suitor isn't racially other, but rather is completely different when it comes to culture, values and social norms. Stephanie (Zoey Deutch) invites her tight-knit Michigan family to spend Christmas with her older boyfriend, Laird (James Franco). "Why Him?" is probably the best sendup of contemporary California tech culture to date. The biggest problem with "Why Him?" though, isn't him, it's her. Stephanie is so underwritten that though these men are competing ruthlessly over her, she drops out of the story completely. — K.W.

"Moana" ★★★
PG, 1:53, animated
Featuring songs by "Hamilton" creator Lin-Manuel Miranda, the new animated musical adventure "Moana" is enjoyable and progressive without being insufferable. Moana, voiced by actress Auli'i Cravalho, must leave her Pacific Islands home on a long journey. After a brush with death, she washes ashore on a small island where she meets the Polynesian demigod Maui, voiced by Dwayne Johnson. The signature power ballad, "How Far I'll Go," may well take its place alongside "Frozen's" "Let It Go." In the female-empowerment earworm department, I prefer Miranda's contribution, "Moana," it works. — M.P.

"Assassin's Creed" ★
PG-13, 1:53, action
The Ubisoft video game series "Assassin's Creed" has been piling up bodies worldwide since 2007. Now we have the stupendously pretentious film version, starring Michael Fassbender and Marion Cotillard. Cal Lynch, the convicted killer played by Fassbender, is whisked centuries back into his genetic memories of 1492 Spain. Cal's distant relative, whose spirit he embodies via a memory-tapping apparatus, fights with blade and fist and arrow alongside his fellow good-guy assassins. Let's be clear, it's just a mediocre action movie based on a video game. Nothing new there. — M.P.
Graves, Rodney Earl
Rodney Earl Graves, age 51, died December 28, 2016, suddenly. Son of J.R. (Char) Graves and the late Margaret, nee Strong; stepson of Jan Graves; brother of James (Tammy), Lindsay "Liz" (Patrick) Olekas, and the late Theresa Ahern; father of Charles and Jacob; uncle and friend of many. Services will be private. Information: www.habenfuneral.com.

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For D-III football coaches, recruiting never stops

BY JON J. KERR
Pioneer Press

Three Lake Forest College football coaches hovered around a table inside a bustling gymnasium at Libertyville High School in early December.

On the table were displays familiar to anyone who has attended a job fair: Brochures, business cards and folders stuffed with splashy inserts aimed to draw the attention of passersby.

Like an employer seeking to fill an open position, the Foresters have a 2017 football roster to assemble.

“Our No. 1 need is defensive linemen and defensive backs. That’s what we are graduating the most,” Lake Forest College offensive coordinator Ted Soenksen said. “But we recruit every position every year.”

At Chicagoland College Football Night at Libertyville, the gymnasium was filled with eager, enthusiastic representatives of the less-famous end of the college football spectrum: Division III, NAIA and junior college.

According to the NCAA, there were 674 college football programs in Divisions I, II and III with a total of 73,660 participants during the 2015-16 school year. Of those participants, 28,380 played Division I football for one of 251 teams. Division II was close behind, with 248 teams and 25,796 players.

Within a 35-mile radius of Chicago are five Division III programs: North Central College in Naperville, Benedictine University in Lisle, Concordia University Chicago in River Forest, Wheaton College and Lake Forest College. The combined 2016 record of the five schools was 40-15.

“You have some people who think Division III is a joke. People who don’t know need to realize there are a lot of teams and some unbelievably Division III programs,” North Central offensive line coach Brad Wilson said. “We want good football players, and they come in all shapes and sizes.”

Wilson said the evaluation process for Division III programs such as North Central is nonstop. Unlike Division I coaches, who have restrictions on when and how often they can contact recruits, Division III coaches have no limits.

“Division III schools cannot give athletic scholarships, but there is no limit on academic aid,” Wilson said. “A lot of the financial aid process comes from the academic side.”

“At the Libertyville event, coaches were meeting most prospective recruits for the first time. Often, all the coaches had seen was a prospect’s highlight film online. The coaches freely exchanged contact information with prospects in hopes of getting them to take a campus visit. Transcripts were requested, and they recommend players fill out applications.

“Division III schools cannot give athletic scholarships, but there is no limit on academic aid.”

“You’re kind of going fishing,” Lake Forest College quarterbacks coach Matt Gardner said. “You throw out a big net and see what comes back and weed through it and see who shows interest.”

Libertyville seniors Kyle Buncic, Nathan Campbell and Lucas Rossetti roamed the gymnasium, talking to coaches and gathering information. All three played for the Wildcats this fall and plan to go to college. They are unsure whether football fits into their college plans but are open to the idea of playing for a Division III school.

“Once a kid realizes a Division I offer is not going to happen, that’s when we become an option for some guys,” Wilson said.

Jon J. Kerr is a freelance reporter for Pioneer Press.

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Grant leads DePaul women in rebounds, blocks

Cooley starts at Arkansas

Alecia Cooley, an Evanston graduate, ranks second on the Arkansas women's basketball team in rebounds. The 6-3 senior center was averaging 6.0 rebounds per game as of Dec. 28. Cooley led the Razorbacks (11-2) in rebounds in three straight games in November, grabbing nine against Stetson on Nov. 21, 11 against Memphis on Nov. 25 and seven against Navy on Nov. 26.

Mooney scoring for Coyotes

Mooney is having a standout season at South Dakota. The Notre Dame graduate is leading the Coyotes in scoring (14.6 points per game) and playing time (28.4 minutes per game). Three times this season he has surpassed 20 points in a game, scoring 21 at Drake, 23 at UMKC and 28 at Montana State.

Karis receives limited minutes

Walk-on Kurt Karis has played in seven games for a total of 11 minutes for the No. 22 USC men's basketball team. Karis, a junior guard, is a graduate of Glenbrook North who transferred to the Trojans (14-0) after playing two seasons at Chicago State.

Morrisey hitting 3-pointers

Not much has changed for Jack Morrisey since he played at Loyola. Morrisey leads Spring Hill College, a Division II program in Alabama, in 3-point field goals (19) and 3-point attempts (50). The junior from Evanston graduated from Loyola as the program leader in career 3-pointers.

Jacqu Grant scored 13 points and grabbed nine rebounds to help the DePaul women's basketball team beat Georgetown 76-53 in the Blue Demons' Big East opener. DePaul improved to 9-4 with the win on Dec. 28 in Washington D.C., and Grant has had a big role in the Blue Demons' strong start. The 6-6 senior forward started DePaul's first 13 games and was leading the team in rebounds and blocks, averaging 6.8 and 1.7 per game, respectively.

Haley sees action as freshman

Freshman guard Haley Greer has made two starts and played in seven of the Colgate women's basketball team's first 11 games. The New Trier graduate is averaging 8.1 points per game for the Raiders (3-8).

Mooney scoring for Coyotes

After sitting out last season per NCAA transfer rules, sophomore Matt Mooney is having a standout season at South Dakota. The Notre Dame graduate is leading the Coyotes in scoring (14.6 points per game) and playing time (28.4 minutes per game). Three times this season he has surpassed 20 points in a game, scoring 21 at Drake, 23 at UMKC and 28 at Montana State.

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Q&A: Glenn Olson, Niles North boys basketball coach

BY RICH MAYOR
Pioneer Press

The Niles North boys basketball team opened the Wheeling Hardwood Classic with a win over Perspectives in the first round, but fell short in their next two games against Libertyville and Deerfield. Pioneer Press freelance reporter Rich Mayor caught up with Vikings coach Glenn Olson after the Deerfield loss.

Q: A five-point second quarter doomed you a bit against Deerfield, fair to say? And then in the Libertyville game, you were outscored 27-7 in the third quarter. That was a different sort of misstep. What happened in each, and as a coach, how do you combat that occasional inconsistency?
A: You certainly expect there to be some issues when you're playing with three seniors on the roster, with only one that sees really significant time. We're incredibly young. Against Libertyville, we started a freshman, a sophomore, two juniors and a senior. You're going to have some ups and downs with that. And with (junior guards) Jamal Stephenson and Dravon Clayborn having stomach flues, and Damaria Franklin getting his fourth foul early in the second half, kind of set us up to stumble.

Q: What's your sense of how these guys, this young team, is reacting to a pair of tough losses? Do they share the optimism you have?
A: I hope so. I mean, at the end of the day, I don't want a team skipping to the bus after a loss, anyway. These guys were disappointed, they were frustrated. We thought we'd have a chance to advance in this thing. But they know we've been short-handed.

The end goal is not to have the prettiest record. The end goal is to be the best team you can possibly be. And sometimes, you need a couple losses to shake you up. Sometimes you think you're a really good shooting team, then you have back-to-back games when you go 6-for-36 from 3. Now, maybe, you start taking those shooting drills a little more seriously and hit them at the end of the year, when it really matters.

Q: How about Franklin, how great he's been? Scored 68 points in the first three games at Wheeling, including 31 against Libertyville in the second round.
A: He's grown so much. He's such a competitive kid. When you're a marked man, and you need to go out and do it every night? Early in the year there were a few lulls, but for the most part, we've got his best effort and we need him to be consistent for us.

Q: Is that what you have him working on? That sort of game-to-game consistency?
A: Absolutely. When he's hot, when he's feeling good and knocking down shots, he's fun to watch. You know that ball is going in, whether it's contested or not. Tightening up his 3-point shot and his handle are two more things, because we really think he's a Division I player.

And he's a guard who leads us in rebounding. We just don't have any size, so we ask him to do that stuff.

Q: Obviously Franklin gets the headlines, but who are the other guys next up?
A: Stephenson and Clayborn are the next two guys, but as I mentioned, they've struggled the past two days with illness. We need them to be successful, shoulder some of the scoring load. Both have had great moments. Just two incredibly talented players that will get better and better with time.

Rich Mayor is a freelance reporter for Pioneer Press.

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Niles North's Damaria Franklin scored 68 points in the first three games of the Wheeling Hardwood Classic.
With help from familiar name, Kontos works on golf

Giants reliever taking lessons from son of his old pitching coach

BY DANIEL I. DORFMAN
Pioneer Press

Growing up in Lincolnwood, George Kontos sought out the services of baseball coach Steve Sakas to hone his pitching skills. Kontos went on to achieve his dream of pitching in the major leagues, becoming a relief pitcher for the San Francisco Giants. This offseason, Kontos was looking for a coach to sharpen his golf game.

So who did he turn to? Someone named Sakas of course.

The 31-year-old Kontos, a Niles West graduate who played at Northwestern, has been working with Bill Sakas, a club pro at the Glencoe Golf Club, to improve his performance on the golf course. Bill Sakas is the son of Steve Sakas.

"He was the only guy I wanted to work with," Kontos said.

Kontos said he started playing golf when he was between 10-12. His parents wouldn't let him play football, so he turned his attention to golf. He has played off and on through the years.

"It is a competitive sport where you are being competitive with yourself," said Kontos, who made 57 appearances with the Giants in 2016 and finished with a 2.53 ERA. "A lot of it is the muscle memory, as is the pitching delivery. So I can draw a lot of correlations between golf and pitching. Some of the things you practice in pitching you can work on for golf."

Kontos isn't the first professional athlete Bill Sakas has worked with. Bill Sakas, who played in the 1981 and 1986 U.S. Open, said he has worked with Michael Jordan, Scottie Pippen and Toni Kukoc.

While the weather allowed, Kontos played with Bill Sakas at the Glencoe Golf Club and there are trips to warm weather climates planned before spring training starts in February.

But on Dec. 21, Kontos was taking an indoor lesson with Bill Sakas and a simulator was providing information about yardage, club speed, ball direction, ball speed and the club angle before, during and after impact. Plus they get a reading on the "smash factor," which is the ratio of a swing speed to the ball speed.

"That shows you the solidness of your hit," Bill Sakas said.

At the start of the lesson, Bill Sakas liked what he saw out of Kontos, but was concerned he was accelerating too much in his pitch shots.

"It's the pitcher in me," Bill," Kontos said, referring to how he was accelerating all the way through the motion.

Bill Sakas said it should be more of a gentle toss rather a full acceleration.

In between swings, they looked at the computer to see the data on Kontos' swings.

"It's crazy how you can do all this," Kontos said. "It's like Statcast in baseball."

During the lesson, Kontos was suspicious that the simulator was giving him too much yardage, but Bill Sakas emphasized it was accurate.

"I've never hit an iron this far, but I'll take your word for it," Kontos said.

The hour plus lesson allowed time for chatter and Kontos hoped Bill Sakas can put together a group in January that will include Jordan.

Kontos has never met the basketball icon and loves the possibility.

"Don't break my heart, Bill," Kontos said.

It is not as if Kontos has forgotten about baseball in the winter. His golf lessons are worked around a five-days-a-week training regimen that includes weight lifting, speed training, Muay Thai (a form of kickboxing), Pilates and yoga. Kontos plans to head to Arizona, where the Giants train, in the first week of February.

As for Bill Sakas, who has been working in Glencoe since 2011, he likes working with professional athletes such as Kontos.

"The thing about them is if you tell them to do something, they'll work hard at it because that is how they got to where they are," Bill Sakas said.

Daniel I. Dorfman is a freelance reporter for Pioneer Press.

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WORK IN PROGRESS

Niles North boys basketball team has up-and-down Wheeling Hardwood Classic. Page 36

Niles North's Dravon Clayborn (11) goes up for a layup against Perspectives on Dec. 27 at the Wheeling Hardwood Classic.

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